

Eating Between The Lines



EBTL Module 03 - Activity 13

Activity: Making Omelettes

Outcome

Children will explore a variety of breakfast foods and beverages. Children will be introduced to breakfast meal planning by choosing from a variety of foods from across the four food groups. Children will be able to identify the names of a variety of breakfast foods and beverages and recognize how these foods are spelled.

Teacher Information

See the Writing section for information about independent writing.

You Will Need

- Electric frying pan, bowls, whisks, spatulas
- Eggs - one per child
- Assorted ingredients to add to omelette such as cheese, green peppers, ham, and mushrooms
- Pencil and paper

Teacher Information

In this independent writing activity, children will be invited to visually represent both the process of omelette making and their final product.

Safety Notes

This activity requires use of an electric frying pan. Teacher supervision is required.

Procedure

1. Invite children in small groups to prepare their own omelette for snack or lunch using the cooking tools.
2. Encourage children to crack an egg in a bowl and add other omelette ingredients as they wish, and whisk together.
3. Once they have eaten their omelette, invite them to visually represent the omelette or the steps they took to prepare the omelette.