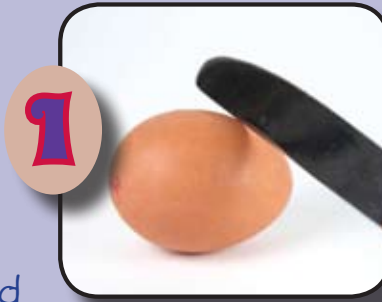


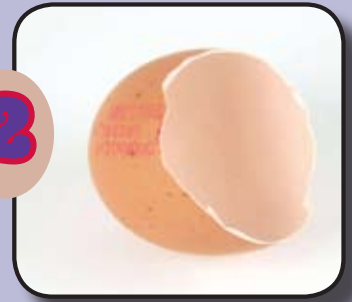
# CRESS EGG HEADS

You need

- some eggs
- a butter knife
- kitchen roll
- cotton wool
- cress seeds
- felt-tip pens
- wholemeal bread (to make the sandwich)



1 Use the back of a butter knife to crack an egg into a bowl. Give it a firm tap close to the top of the egg.



2 Carefully separate the two parts of the shell. Ask an adult to give the larger part a good wash.



3 Wet a piece of kitchen roll then screw it up inside the shell. Then, wet a thin piece of cotton wool and put this on top.



4 Scatter a layer of cress seeds on top of the cotton wool. Sprinkle on some water.



5 Rest the eggshell in the base of your egg box or in an egg cup, then do the same with some more eggshells.



6 Leave in a warm, light place and sprinkle with drops of water every day. The cress should start to sprout in two days.



7 As your cress starts to grow, draw a face on each shell.



8 Once the cress is about 5cm tall (in about a week), snip it off with some clean scissors. You can use it to make a cress and boiled egg sandwich!

• One egg can have as many as five yolks – but most have just one!

• The most popular way to eat an egg in the UK is boiled.

• White eggs are just as good for you as brown ones! Eggshell colour depends on the breed of the hen.

• Eggs give you protein – your body needs this to grow.

## Eggy Facts

Try adding some avocado to your sandwich too!