



# CRESS EGG HEADS

## WITH FLOWER



Ask an adult to help you find or buy these things:

### YOU WILL NEED:

- eggs • butter knife • kitchen towel • cotton wool or a cotton pad • cress seeds •
- felt-tip pen (to decorate the eggs) • wholemeal bread (to make a sandwich) •

1



Using the back of a butter knife, crack an egg into a bowl by giving it a firm tap close to the top of the egg. (You can use the egg in the bowl to make scrambled eggs or for baking after you've finished).

2



Carefully separate the two parts of the shell and ask an adult to give the larger part a good wash. This is really important as raw egg can contain things that can make you ill!

3



Wet a piece of kitchen towel. Screw it up and gently put it inside the shell, making sure you don't break it.

4



Next, wet a thin piece of cotton wool or cotton pad and put this on top of the kitchen roll.

5



Scatter a layer of cress seeds on top of the cotton wool then sprinkle some water on top.

6



Rest the eggshell in the base of your egg box or in an egg cup. If you have more egg shells to use, you can make more.

7



Leave in a warm, light place and sprinkle with drops of water every day – the cress should start to sprout in a few days. As your cress starts to grow, draw a face on each shell.

8



Once the cress is about 5cm tall, snip it off with some clean scissors.

Now you can use it to make an egg and cress sandwich!