
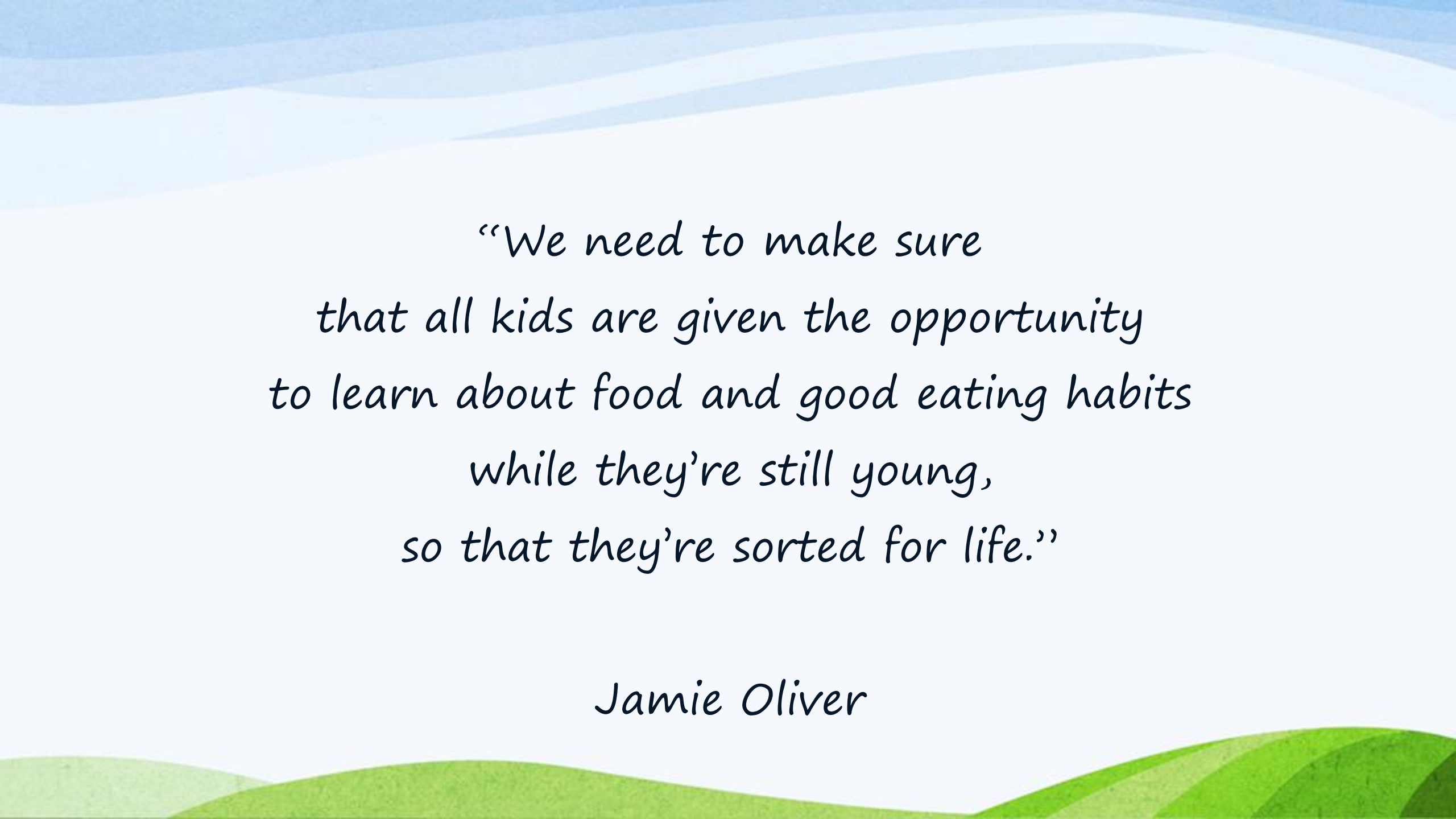


The "Looking 4 staff" weekly series



Humpty Dumpty,  
scrambled eggs  
and a day  
at the chicken farm



*“We need to make sure  
that all kids are given the opportunity  
to learn about food and good eating habits  
while they’re still young,  
so that they’re sorted for life.”*

*Jamie Oliver*

We did not invent this saying nor need to repeat, but still: **breakfast is the most important meal of the day.**

Ask your childcare staff to always be informed about new breakfast recipe ideas and food presentation tips.

Go with the simple idea, and let the kids help if they want.

It's a good family moment and helps kids to get used to healthy food. In general kids like to eat the food they prepare.

As a tip, choose an element that will be the theme of the day.

Our suggestion for today is: **THE EGG**

# Scrambled eggs

Most probably this is the simplest recipe your kids can help with, and have fun both making and eating it.

Encourage them to enrich scrambled eggs with anything they like: mushrooms, bell peppers, chopped tomatoes, green peas, asparagus, green onion, ham, or any cheese they like. Want it fluffy? Add some milk.

In the frying pan add butter for a softer taste. Not a butter fan? Use olive oil.

Omelette is fun!

It's versatile,  
tasty and  
kids love it!





*"Cooking with kids encourages and educates young people to learn how to cook for themselves, their families, and their friends, while instilling self-esteem, self-reliance, and a healthy lifestyle."*

*Guy Fieri*

Kids practice dexterity by cracking and whisking the eggs.

They can both help, and get a short lesson about the egg: where it comes from, what we can do with it, how chicks are born and so on.

Hand hygiene is very important, especially in the kitchen. You have the opportunity to tell them about germs and their dangers.

You can also visit a local farm and understand more about what is in their plate. If they are big enough to understand, you can explain what a fertilized egg is, and how it is incubated.

Try not to overwhelm them with too much information.

Encourage them to ask questions and make connections between the information they have.





*“Study nature, love nature,  
stay close to nature.*

*It will never fail you.”*

*Frank Lloyd Wright*

Have an egg stories day.

When coming home from the farm trip, recap all the new information.

To end the day, Humpty Dumpty is a great bedtime lullaby.

“Humpty Dumpty sat on a wall,

Humpty Dumpty had a great fall.

All the king's horses and all the king's men

Couldn't put Humpty together again.”

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[info@staff4families.com](mailto:info@staff4families.com)

0040 787 632 355 (Julia)

0040 376 444 666 (General)

[www.staff4families.com](http://www.staff4families.com)