

Home Link Learning

EGG AND CRESS SANDWICHES

March 2014



This term, we have been sewing cress seeds and making Egg and Cress sandwiches, inviting families to join in the fun as part of our 'Stay and Play'. This is a fun and healthy activity that you may like to do with your children at home over the Easter holidays, sewing cress in a tray or even an 'Egg Cress Head' as we did last year - then using the cress to make some yummy and healthy sandwiches.

1. You can create an empty egg shell by boiling the egg first, cutting off the top, spooning out the egg, (which can be used to make egg sandwiches!), and washing out the shell - alternatively use an old plastic vegetable tray, or other suitable container.
2. Carefully place some absorbent paper, (e.g. paper kitchen towel), or cotton wool inside the egg shell or tray, (this will probably require adult help). If using a tray, you could use a little compost.
3. You could sew the seeds randomly in the tray, or use a cut out stencil, (e.g. the letter of your child's name), or if doing an egg, ask your child to draw on a face, and maybe add some wobbly eyes !
4. Dampen the paper / cotton wool with water. Ask your child to carefully sprinkle on the cress seed to cover over the tray or top of the egg.
5. Keep your cress on a windowsill and keep damp.
6. The cress should grow within a week - your child can even give the cress a haircut, cutting the cress with a clean pair of child scissors and put this in a healthy egg and cress sandwich!
7. Involve your child in making the sandwiches, buttering different types of bread, peeling the shells and mixing the egg with mayonnaise it's great fun and very good for children's hand-eye coordination. You can even involve some mathematics, cutting the sandwiches into different shapes, (e.g. squares, rectangles or triangles), count the number of sandwiches and discuss halves and quarters.

Maybe make a 'Family' of 'Egg Cress Heads' and give them to your relatives for a funny Easter Gift! We'd love to see some photos of your child growing some Cress and enjoying their Egg and Cress sandwiches at home.