

Endeavour Foundation  
Thrive Learning



# Accessible cooking – the basics

Module 2  
**scrambled eggs  
on toast**

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The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

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# How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

## Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

# Module Overview

## Description

This is Module 2 in the Thrive Learning program about cooking.

This module will teach you how to make scrambled eggs on toast – without using a stove! We show you how to make a gourmet breakfast in the microwave.

## Outcomes

By the end of this module you will:

- Have a basic understanding of some kitchen utensils and appliances used in the kitchen.
- Increase your ability and confidence in making a meal in the microwave.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Create – and eat – scrambled eggs on toast.



## Risks

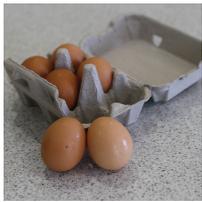
- **Using a microwave** – this is an electrical appliance.
- **Heat / steam** – from the microwave could result in burns.
- **Using a toaster** – this is an electrical appliance.

# Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

## Ingredients



2 eggs



Salt and pepper  
(a small pinch of each)



1 slice of bread



Optional:  
Grated cheese  
(1 very small handful)



Baby spinach  
(1 small handful)



Optional:  
Fresh herbs:  
Parsley, chives or basil



Milk  
(2 tablespoons or 30ml)

## Appliances

- Microwave
- Toaster

## Equipment list

- 1 microwave safe bowl
- Measuring spoons or tablespoon
- Tea towel or oven mitt
- Dinner plate

# Method



## To get ready

1. Wash your hands.
2. Fill your sink with warm water.  
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

## Let's get cooking



1. Crack two eggs into a microwave safe bowl.



2. Measure your milk and add to the eggs.

You can measure your milk in a few different ways:

- 2 tablespoons
- 30 ml
- or one splash

All of these ways are about the same amount of milk.

Put your milk away in the fridge after this step.

You can also put what you used to measure it in the sink.



3. Add a little bit of salt and pepper to the mix.



4. Whisk it all together with a fork. You need to whisk the eggs until they are all one colour.



5. Put a slice of toast into the toaster.

The toast will be ready when you are doing something else. This is ok. You can leave it to cool in the toaster.



6. Put the egg mix into the microwave and microwave for 50 seconds.



7. Carefully take the eggs out of the microwave. Mix together with fork.



8. Put the egg mix back into the microwave and microwave for another 50 seconds.



9. Carefully take the eggs out of the microwave. Put them on the bench.

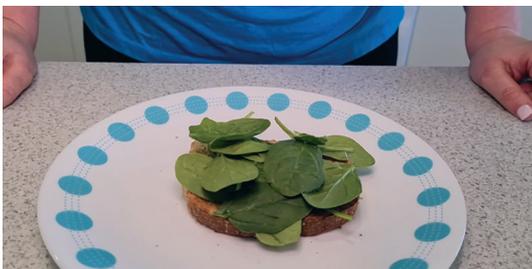


10. If you are adding cheese you can sprinkle this on the eggs now.

Put your cheese back in the fridge after this step.



11. Your toast should be ready. Carefully take it out of the toaster and put it on a plate.



12. Put spinach on the toast.



13. Carefully put the scrambled eggs on the toast.

You can put your microwavable bowl in the sink now.



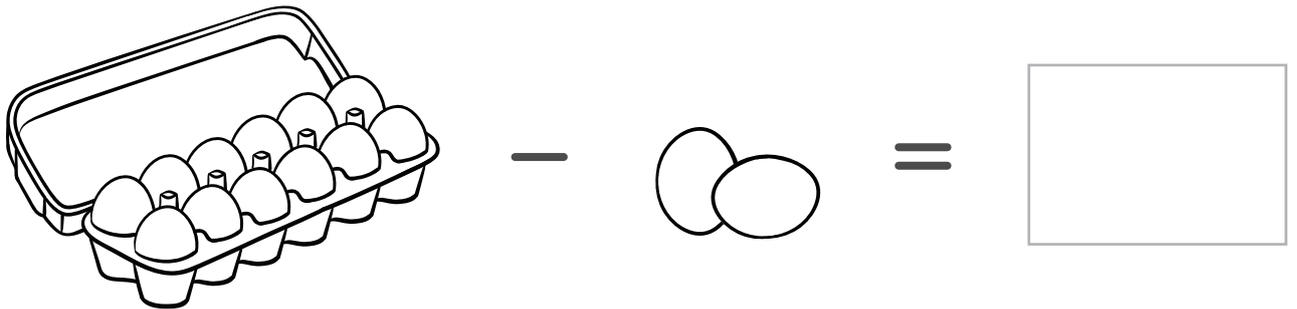
14. If you are adding fresh herbs, you can put these on top.

15. Your breakfast is ready to eat! This meal needs to be eaten fresh. You can not put it in the fridge and eat it another day.

# Activities

1.  How many ingredients are used in this recipe? \_\_\_\_\_

2. Natalie uses 2 eggs to make scrambled eggs. If she bought a carton of eggs (12 eggs) from the shop, how many eggs are left in the carton?



3. Circle the correct response: Where should you keep eggs?  
bedroom / laundry / fridge / at your friend's house

4. What should you do if egg shell gets into your food?

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## Egg Fun facts:

- eggs come from poultry such as hens, ducks and quail
- if you drop an egg on the floor, putting salt on it will help you sweep it right up!
- if placed in a bowl of water, fresh eggs sink, rotten eggs float
- it takes a hen 24-26 hours to produce an egg

5. How long does it take a hen to lay an egg? \_\_\_\_\_

6. If I drop an egg and put pepper on it, I can sweep it up. True / False

7. Complete the sentence: If placed in a bowl of water, rotten eggs will \_\_\_\_\_

8. Eggs are full of protein – protein makes us strong and builds muscle.

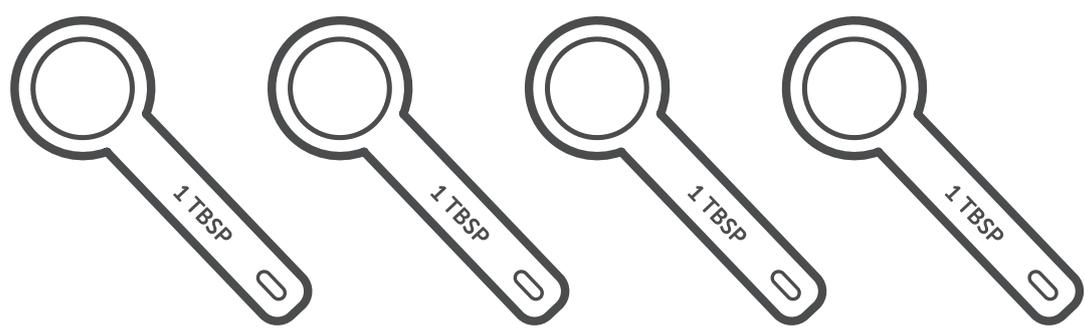
Can you list 3 other foods that are full of protein?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

9. Natalie uses only a little bit of milk in the recipe. Can you remember how many tablespoons she uses? Circle the correct response:



10. Like eggs, where should you keep milk? \_\_\_\_\_

11.



**Trick question:**

Do you know the temperature that you should keep milk under?



**Hint:** maybe ask Mum or Dad or your carer!

\_\_\_\_\_

12. Fill in the blank: After putting the eggs, milk and salt and pepper into a bowl, you need to \_\_\_\_\_ it.

13. What does “whisk” mean? \_\_\_\_\_

14. What type of bowl does Natalie use to make scrambled eggs?

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15. Why should you use this type of bowl?

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16. You need to be careful when using a toaster. Can you come up with 3 ways to be safe when using a toaster?



**Hint:** Think about where you might use a toaster. You can draw pictures if it helps!

a. Make sure you don't use water around the toaster



b. \_\_\_\_\_  
\_\_\_\_\_

c. \_\_\_\_\_  
\_\_\_\_\_

d. \_\_\_\_\_  
\_\_\_\_\_

17. You need to be careful when you take the scrambled eggs out of the microwave. Do you know why? Give 2 reasons:

a. \_\_\_\_\_

b. \_\_\_\_\_

18. How many seconds does Natalie put the scrambled eggs into the microwave for the 1st time? \_\_\_\_\_ seconds

How long does she put them into the microwave the 2nd time? \_\_\_\_\_ seconds

19.  Popeye was a character that appeared in comic strips and eventually on TV. He first appeared in 1929 (that is over 90 years ago!) and on TV during the 1960s and 70s – and you can even watch him today. Popeye ate something that made him strong. Look at the drawing below. Can you tell what it is?



20. What green food is used in the scrambled eggs recipe?

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21. Why do you think it's called "baby"?

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22. What other herbs could you use?  **Hint:** They are mentioned in the video.

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23. What else could you put in scrambled eggs to make them super tasty?

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24.  Imagine you are running your own café and you need to create a breakfast menu. Come up with 5 different recipes for scrambled eggs, for example: scrambled eggs on toast, scrambled eggs with tomato and basil.

a. 

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b. 

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c. 

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d. 

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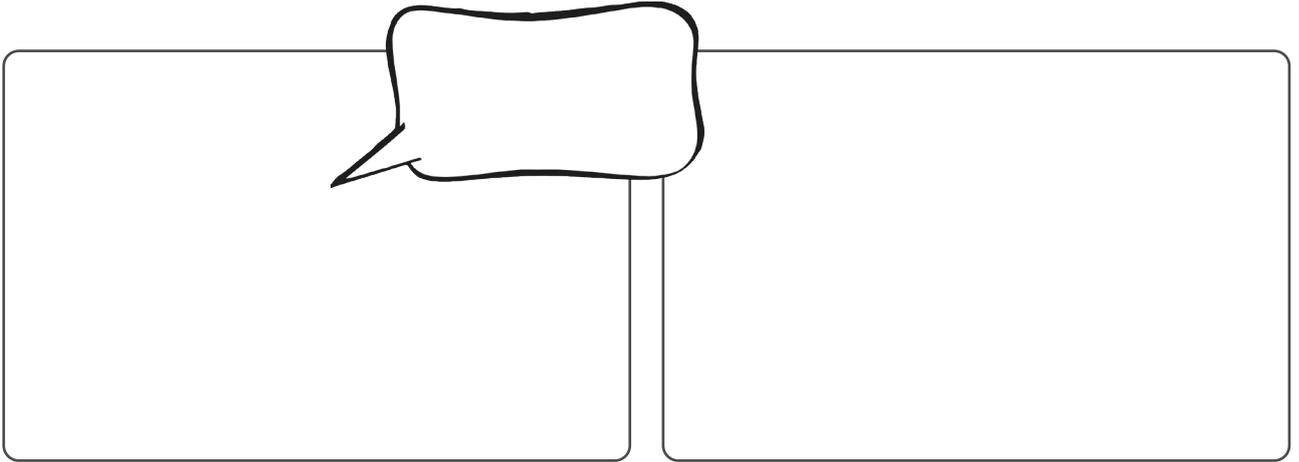
e. 

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25. What's your favourite scrambled egg recipe?

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26. A comic is made up of drawings and words. Are you able to come up with your own comic about eating scrambled eggs?



27. See if you can decode the message:

It is breakfast time																									
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		14									13			21				5							
<b>S</b>	<b>C</b>						<b>L</b>							<b>S</b>	<b>O</b>				<b>O</b>	<b>S</b>					
5	14	3	12	26	18	13	8	4			8	1	1	5		21	6		16	21	12	5	16		

28.



The letters below are all mixed up. See if you can unscramble them to reveal an important cooking reminder that was mentioned in the video!



**Hint:** It's about using appliances.

Cooking safety tips									

N	T	T	R	S	U	S	F	U	B
E	E	A	A	W	E	R	E	L	W
H	O	C	N	D	E	I	N	S	M
I	C	A	O	R	A	V	S	G	

# Vocabulary

<b>Icon</b>	A picture or symbol used to describe something.
<b>Hints</b>	A small piece of information that helps you do or guess something more easily.
<b>Equipment</b>	Supplies or tools needed for a special purpose.
<b>Module</b>	An instructional unit that focuses on a particular topic.
<b>Utensils</b>	A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons.
<b>Ingredients</b>	Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.
<b>Risk</b>	Is the possibility or chance of loss, danger or injury.
<b>Whisk</b>	A usually wire kitchen utensil used for beating food by hand.
<b>Herbs</b>	Are small plants that have a fleshy or juicy stem when they are young.
<b>Appliance</b>	A piece of equipment, usually operated electrically, especially for use in the home or for performance of domestic chores. Microwaves and toasters are appliances.

# Coming up next module

In module 3, we will be making kebabs.



The ingredients and equipment you will need to make this recipe are listed below.



Before you go shopping, check to see if you have any of the below items already in your house.

## Ingredients

- BBQ chicken or falafel
- Lemon or bottled lemon juice
- Pita wraps
- Pre-shredded carrot (one handful)
- Fire roasted capsicum. This is found in a jar. (one capsicum)
- Plain Greek yoghurt (1/2 a cup)
- Lettuce (You can use any kind of lettuce)
- Tabouleh (one handful)
- Garlic (1/2 a clove)
- Salt (a pinch)

## Equipment list

- Garlic press
- Chopping board
- Measuring cup
- Kitchen knife (if chopping a lemon)

