

How to Crack Eggs

While your child is still learning, he or she might let some of the shell into the egg whites and yolk. That's okay! Eggshells are easy to remove. If the shell falls in, have your child use a fork or slotted spoon to remove the eggshell. An adult can help if needed.



These are the steps your child followed in this activity:

1. Make sure the eggs are not broken or cracked.
2. Crack the eggs, one at a time, into a bowl or mug. It is important to crack eggs into their own bowl, separate from other ingredients, and not directly into the pan. This is so that any shell that falls into the bowl can be easily removed.
3. Crack the egg at the midpoint by hitting it quickly against the rim of the bowl.
4. Try to crack the egg in one hit so that there are fewer eggshell pieces that may fall into the bowl. There should be one big crack. If it does not work the first time, that's okay!
5. Hold the egg over the bowl with the cracked part facing up.
6. Put your thumbs on either side of the crack and gently pull the shell apart to allow the egg to slide into the bowl.
7. Pour the egg from the small mug or bowl into the larger bowl where the other ingredients will go. You should do this after each egg.
8. Make sure to thoroughly wash everything that the raw egg touches with hot, soapy water. Wash your hands after touching raw eggs too.

