

## Objective

By the end of this lesson, you will be able to make a delicious omelette from scratch!

## Materials and Prep

- Eggs
- Butter
- Salt and pepper
- Filling options (e.g. cheese, vegetables, ham)
- A non-stick pan
- A spatula

No prior knowledge needed, just a willingness to learn and have fun!

## Activities

- **Egg-cracking challenge:** Practice cracking eggs into a bowl without breaking the yolk.
- **Filling selection:** Choose your favorite ingredients to include in your omelette.
- **Master the flip:** Learn how to flip your omelette in the pan like a pro.
- **Taste test:** Enjoy your delicious creation and share it with your family!

## Talking Points

- When cracking eggs, gently tap the egg on a flat surface and use your thumbs to open it. Remember, practice makes perfect!
- Experiment with different fillings like cheese, mushrooms, or spinach to create your own unique omelette.
- When flipping the omelette, use a spatula to carefully lift one side and fold it over the other. Be confident, but gentle!
- Don't forget to season your omelette with a pinch of salt and pepper for extra flavor. Enjoy the process and have fun in the kitchen!