

How to do it!

Hello kids

Today I want to tell you how to make hard-boiled eggs.



As you probably know by now, I love eggs. They are very good for us! They taste great, they are full of nutrition and we can do so many things with them. Just see the picture, haha.



Hard-boiled eggs are a great snack and fit in any lunch box.

PLEASE READ EVERYTHING FIRST BEFORE YOU START.

Here we go: How to...

...boil an Egg

Choose a pot that is big enough to fit the amount of eggs you want to cook. Maybe 2-4.

Place the raw eggs carefully on the bottom of the pot. Make sure they don't crack. If you use more eggs please don't pile them higher than half way up.



Now fill the pot with cold water. Fill it up to cover the eggs entirely and just a tiny bit more.



Put the pot on the stove and put the lid on top. Then turn the stove on to MEDIUM (ask your parents to help you please). Bring the water to a boil.

Once the water is boiling turn the stove off and keep the eggs in the water. Please keep the lid on the pot AT ALL TIMES. It makes the water boil faster and it prevents you from getting burned by hot water splashes. Set the timer to 15 minutes (for medium/large eggs)



When the timer is up take the pot off the stove using an oven mitt or a towel, Carry it to the sink and let cold water run into the pot and over the eggs. This stops the cooking process and cools down the eggs.

(Note: You can add ice-cubes if you have. This will cool the eggs even faster).



Turn the water off and let the eggs sit inside the cold water for a few minutes. Then pick them out of the water, carefully dry them with a towel and store them in the refrigerator for when you get hungry.

TIP: Here is a great way to peel a hard-boiled egg!



Take the egg and carefully crack the shell on the counter top near the sink. Then turn on the water and peel the egg under running water. The water will wash off the sticky shell. Cool huh?

A hard-boiled egg is a GREAT snack right before you start playing, or after. It gives you super-hero power! Keep one in your lunch box every day.



*Did you have fun boiling eggs?
I hope you learned something new. Now tell all your friends!*

How do you cook eggs? Do you have a favorite dish? Please share your secret with us so we can share it with others.

See you soon

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million, and the number of people in the public sector who are employed in health care has increased from 2.5 million to 3.5 million (Department of Health 2000).

There are a number of reasons for this increase in the number of people employed in the public sector. One of the main reasons is the increasing demand for health care services. The population of the UK is ageing, and there is a growing number of people with chronic conditions who require long-term care. This has led to an increase in the number of people employed in health care, particularly in the public sector.

Another reason for the increase in the number of people employed in the public sector is the increasing demand for social care services. The number of people who are unable to care for themselves has increased significantly in recent years, and this has led to an increase in the number of people employed in social care, particularly in the public sector.

There are a number of challenges facing the public sector in the 21st century. One of the main challenges is the increasing demand for health care services. The population of the UK is ageing, and there is a growing number of people with chronic conditions who require long-term care. This has led to an increase in the number of people employed in health care, particularly in the public sector.

Another challenge facing the public sector is the increasing demand for social care services. The number of people who are unable to care for themselves has increased significantly in recent years, and this has led to an increase in the number of people employed in social care, particularly in the public sector.

There are a number of ways in which the public sector can meet these challenges. One of the main ways is to increase the number of people employed in the public sector. This can be done by recruiting more people to the public sector and by providing training and development opportunities for existing staff.

Another way in which the public sector can meet these challenges is to improve the efficiency of its services. This can be done by streamlining processes, reducing waste, and improving the quality of care. This will help to reduce the cost of health care and social care services, and will ensure that the public sector is able to meet the increasing demand for these services.

There are a number of other ways in which the public sector can meet these challenges. For example, the public sector can work in partnership with the private sector to deliver health care and social care services. This can help to reduce the cost of these services, and can ensure that the public sector is able to meet the increasing demand for these services.