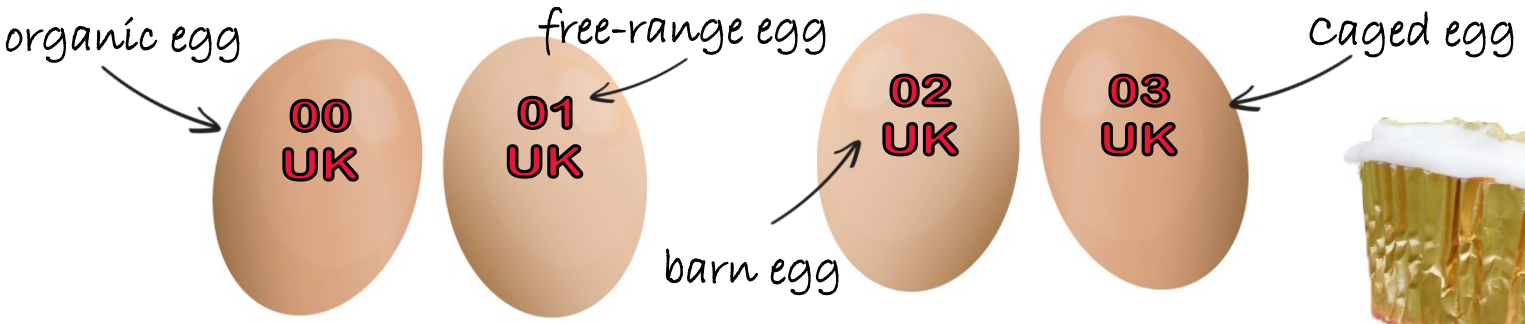
Star baker

Eggs are incredible! We use them in all sorts of foods, but do you know where your eggs came from?



Notes for teachers/ parents:

We know there are four farming systems that egg-laying hens can live in; organic, free-range, barn and caged.

If you have shop-bought eggs in your house, look at the red numbers printed on them. The first one or two numbers show you what farming system the eggs came from. You should also see the country where the egg was laid and long number, which is a code that can be traced back to the farm where the egg was laid.

It's important to consider eggs used as ingredients as well as those you buy in boxes. Eggs are in all sorts of foods, such as cakes, biscuits, pasta and even ice cream. If it doesn't say it's free-range, it probably isn't free-range.

Your task:

Test your baking skills and create a free-range bake, then send your photos of your creations to us! Don't have any flour? Why not try something a bit different like meringue? No free-range eggs? Why not try making flapjacks?

You will need:

- Ingredients for your Star Bake
- Camera to send in your images of your Star Bake

Taking this further:

Write a persuasive letter to your friends and family encouraging them to only buy free-range eggs.

Write a recipe for your own free-range bake and share it!

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Fairy Cake Recipe Sheet

Don't forget to send us photos of your free-range bakes!
Cut out the hen below to show the world that you're a star baker!

You will need:

2 free-range eggs
110g butter
110g caster sugar
110g self-raising flour
1tsp vanilla extract
1-2 tbsp free-range milk

some large bowls
some large spoons
paper cake cases
fairy cake tins
cooling rack

Optional:
decorations and icing

How to make your cakes:

1. Preheat the oven to 180C/350F/Gas 4 and line two 12- hole fairy cake tins with paper cases.
2. Cream the butter and sugar together in a bowl until well mixed together.
3. Beat the eggs together and then add to the butter and sugar, a little at a time.
4. Stir in the vanilla extract.
5. Fold in the flour, try not to knock the air out of the mixture.
6. Add a little milk until the mixture is a soft dropping consistency.
7. Spoon the mixture into the paper cases until they are half full.
8. Bake in the oven for 8-10 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean.
9. Wait to cool, then decorate and enjoy!

I am a...
Star baker