



Decorate a Hard-Boiled Egg

Boil an egg and watch the white and yolk change.

Helps Your Child Grow



Scientific Inquiry

Comparing how egg whites and yolks change from runny to set and soft to firm gives your child practice comparing and classifying observable changes.



Health, Safety, and Nutrition

Comparing how eggs set at different cooking times helps your child recognize visible signs that an egg is fully cooked.

Steps

- Eggs change texture as they cook. Compare eggs boiled for different amounts of time.
- Place several eggs in a pot of cold water. Your child may gently add the eggs; an adult handles the stove and hot water.
- Label small bowls 3 minutes, 5 minutes, 7 minutes, 9 minutes, and 12 minutes. At each time point, the adult removes one egg and places it in the matching bowl.
- After the eggs have cooled, peel and compare them. What colors are the whites and yolks? Are any parts runny? Do they feel soft or firm?
- Notice how the eggs become firmer with longer cooking. The 3-minute egg may still be soft or runny, while the 12-minute egg is fully set and may have a green-gray ring around the yolk.
- Arrange the eggs in cooking-time order. Point out that an egg with a runny white or yolk needs more cooking before it is eaten.

Tips

- Do not waste any eggs that are still runny. Return them to the pot and cook them until set before sharing them with your family.
- Use comparative words naturally during the experiment - softer, harder, runnier, firmer, or darker - to help your child describe the differences they observe more precisely.

Observations

- Notices that eggs cooked for different lengths of time have different firmness
- Says the egg is not cooked and does not eat it while the yolk or white is still runny