



Chapter 2

Molly Cooks Breakfast

Molly woke up and stretched her arms high above her head. She stretched her legs and rubbed her eyes. She looked around her pretty, yellow and turquoise room. It looked the same – her slippers were under her chair and her dressing gown lay neatly over the back of it.



She looked in the mirror and gazed at herself. She looked the same – but of course everything had changed. She missed her old life, she missed her friends, she missed linking arms with Jack, her best friend, as they walked to school together. But she knew this new way of life would eventually pass and things would one day go back to normal. Her sister Alice said everyone was being very brave and staying at home most of the day was a brilliant thing to do. Alice explained staying at home was helping to keep everyone safe. Everyone in the whole country. ‘Wow’, thought Molly – that is a very helpful thing to do. I am only 4 years old – yet I am doing something to help lots of people stay safe.



Alice brushed her teeth and wandered downstairs where she could smell the omelette her Mum was cooking. “Mum”, she said, “can I help to make breakfast – can you teach me how to cook an omelette?” Mum looked at Molly. “Tell you what Molls, how about we both get up early tomorrow and we can make a super special breakfast for Alice and Dad. It is their birthday tomorrow so we should cook something special for them. We can make a



mushroom omelette for Dad and a cheese omelette for Alice. Dad loves mushrooms – he loves to forage for them in the woods – but I wouldn’t trust him to pick the right ones – I think we are better buying them for him at the supermarket!” Molly laughed. “Well he does know about which mushrooms to pick because he went on a course which taught him to recognise edible ones – but, actually, Mum, they do look quite similar to me – so I agree that the supermarket mushrooms would be the safest ones to use”.



“Alice loves cheddar cheese in her omelette – she loves it all melted and gooey. She will be surprised if I cook that for her. Mum – can you show me how to cook it now – like a practice run and then I will be able to make it by myself tomorrow”. Mum agreed but said she would still need to supervise Molly as 4 year olds shouldn’t use the hob on their own in case they touched something very hot and burned their fingers.

Mum reached into the cupboard. She took 2 eggs out of the egg carton, 4 mushrooms, a little bit of seasoning, (pepper and mixed herbs) as everyone in the house was cutting out salt. Molly asked Mum if salt was unhealthy and she replied that it is best not to add salt to food as sometimes people add too much and food tastes very nice without it, especially when other delicious ingredients are used. “ We need a little butter to cook the eggs in” said Mum as she reached into the fridge.





“Can Jack come for breakfast too?”, asked Molly. Mum looked across at Molly and sighed. “He isn’t able to come tomorrow, Molls, but we can practice making omelettes so that once he can visit us again – you will be a pro and he will be so impressed with your culinary skills.”

Molly cracked 2 eggs over a bowl, being careful not to get any shell in the mixture. She used a special plastic salad knife to cut the mushrooms, which had a serrated edge but was not sharp and very safe for her to use. She mixed the eggs with a fork until they were a nice yellow liquid and then added the seasoning and the mushrooms. Mum lit the hob for her and Molly carefully added a dab of butter into the pan and watched it melt over a low light. Then she chucked in the egg and mushrooms and stirred the mixture. “Be careful, laughed Mum – or you will end up with scrambled eggs!!” Mum showed Molly how to gently move the egg mixture around the frying pan, gently turning the sides as it cooked. After a few minutes, the omelette had set and together, Molly and Mum used a plastic spatula to pop the omelette on a plate. “Well done Molly, that looks and smells delicious”. We can eat it for breakfast now, and tomorrow you can do it all over again for Dad and Alice”.



<https://www.youtube.com/watch?v=G1T5oNov6cc> (link to making an easy omelette)

“I really enjoyed making omelette” said Molly. And if I leave out the mushrooms and just add grated cheese, Alice will have her favourite birthday breakfast tomorrow too.”

“I am going to make a scrap book of all the things I do whilst I am off school, said Molly and then when I go back I will show my teacher and I am sure she will be amazed at all the new things I have learned to do”.

