

## Egg Directions

First, watch the [video](#) on the chemistry of cooking eggs.

1. How do you like your eggs cooked? Think about what the three proteins are doing.
2. A hard boiled egg was not discussed. How do you think a hard boiled egg gets “cooked”? What is happening to those proteins?
3. Finally, try to find a method for making a soft boiled egg as referenced by the video. Try it out! If it doesn't work, try a different method. Find someone in the house willing to try the egg!