

Year 3 – Sandwich Making
Food technology

Design brief: To design and make a healthy sandwich. Children need to consider the tastes and include healthy choices.



Preparing

Children should be able to understand the different food groups that they need to incorporate to live a healthy lifestyle. This should be reflected in the choices that they make when making their sandwich.

Breads are high in carbohydrates so therefore the filling should be high in protein and have vegetables as well.

Equipment:

Plate, table knife, chopping board and dishcloth.

Prior knowledge:

In Year 1 the children learned how to cut and prepare food safely and in Year 2 they developed this knowledge to include baking and weighing ingredients. Through their learning in Year 2, children should be able to make healthy choices when it comes to choosing the bread they would like to use.

Different types of sandwiches

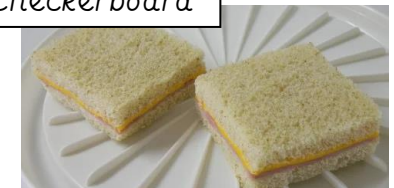


Pinwheel

Open or open faced



Mosaic or Checkerboard



Ribbon or multi-layered sandwich



Plain



Closed tea sandwiches



Dairy	Vegetables	Fruits	Grains	Protein
Milk, Yogurt, Cheese			Bread, Cereal, Pasta	Meat, Beans, Nuts
Yogurt Milk Cheese Chocolate Milk String Cheese Cottage Cheese Smoothie Pudding	Broccoli Asparagus Bell Peppers Corn Avocado Carrots Spinach Sweet Potatoes Tomatoes	Strawberries Apple Banana Blueberries Orange Juice Watermelon Grapes Pear Mango	Tortillas Cereal Rice Bread Pasta Popcorn Crackers Bagel Oatmeal	Eggs Hamburger Nuts Chicken Tofu Beans Salmon Pork Chops

Health and safety!

Wash your hands and utensils with hot water and soap before and after preparing your sandwich!