How do you make a sandwich?

Cooking
Key message: make simple flour-based dishes, safely and hygienically.

Objective
- Identify the get ready to cook steps
- Make a sandwich in a safe and hygienic way
- Use taught food skills to make a simple dish.

Resources
- Get cooking guide
- Ingredient checking letter
- Making a super sandwich sheet
- Get ready to cook! presentation
- Ingredients and equipment for making sandwiches

Introduction
Before the lesson, read the Get cooking guide to help you prepare. If you do not already have records of any reasons children in the class may not be able to eat or handle certain foods, send the Ingredient checking letter home to be completed by parents/carers.

Look at the Make a super sandwich sheet to help you decide on what ingredients to offer the children and what you will be demonstrating.

Explain to the children that they will be making a sandwich. Introduce and discuss the ‘get ready to cook’ steps using the Get ready to cook! presentation. Talk about why the steps are important. Ask the children to do a mime for each step to help them remember.

Show children the selection of ingredients that will be available to make their sandwich. Discuss the different types of bread available, what they are like and if the children have eaten them before. Discuss the sandwich filling ingredients and where they come from. Show the children how to make the sandwich following the steps on the Make a super sandwich sheet.
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Activity ideas
Organise the children into groups around tables where ingredients can be placed in the middle for sharing. The children could make their sandwiches in pairs to reduce the amount of equipment needed. Remember to be aware of any dietary requirements when pairing up children to make sandwiches together. Instruct the children to get ready to cook and make their sandwiches.

When the children have finished making their sandwiches, these can be placed on paper plates and displayed on a table. Look at the sandwiches together and discuss what ingredients have been used and those that are well presented. Allow the children to eat their sandwiches.

Round up
Recap the learning by questioning the children:
- What do we need to do before we start cooking? (Answer by miming a step.)
- What ingredients did you use to make your sandwich?
- What equipment did you use to make your sandwich?
- What skills did you use?

Extension ideas
- Carry out a survey to find out the most popular sandwich filling in the class.
- Find out about the types of sandwiches traditionally eaten in other countries, e.g. croque monsieur (France), cucumber sandwich (UK), hobz biz-zejt (Malta).
  - What are they called?
  - What bread is used?
  - What fillings are used?
  - When are they eaten?

Fun facts
We eat over 8.5 billion sandwiches a year in the UK! John Montagu, the 4th Earl of Sandwich made sandwiches a popular food.