

Super Sandwiches



How to:

1. Ask your child to wash their hands before preparing the food
2. Talk to your child about which ingredients they would like to use to fill their sandwich
3. Encourage your child to help you gather together the utensils and ingredients you will need to make the Super Sandwiches (see below)
4. Invite your child to help spread the butter on the bread. Teach your child to take a little butter and to spread it evenly across the whole slice of bread
5. Place the sandwich fillings on one slice of bread then cover it with the other slice.
6. Let your child choose whether they would like to cut their sandwich into squares, triangles or use a cookie/playdough cutter to make a different sandwich shape

Adaptations:

- Talk to your child about their favourite fillings for sandwiches and also talk about healthy options
- Create a menu of sandwich fillings for each day of the week
- Ask family members what they would like to have in their sandwiches and take orders
- Try some more unusual fillings for sandwiches:
 - Jam and banana
 - Apple and raisin
 - Cheese and tomato sauce
 - Avocado and ham
 - Grated carrot and humus
- Always add salad or vegetables to ensure your child is eating a broad range of healthy foods

Utensils:

- Table or butter knife
- Bread board
- Plate
- Cookie or playdough cutters

Ingredients:

- Bread
- Butter or similar spread
- Choice of fillings e.g. jam, ham, cheese, chocolate spread, turkey slices, sliced chicken breast, pastrami and always add some salad or vegetables such as cucumber, grated carrot, tomato or lettuce



Top Tip

Make sure the butter is nice and soft before you invite your child to start spreading it on the bread