

A Healthy Sandwich

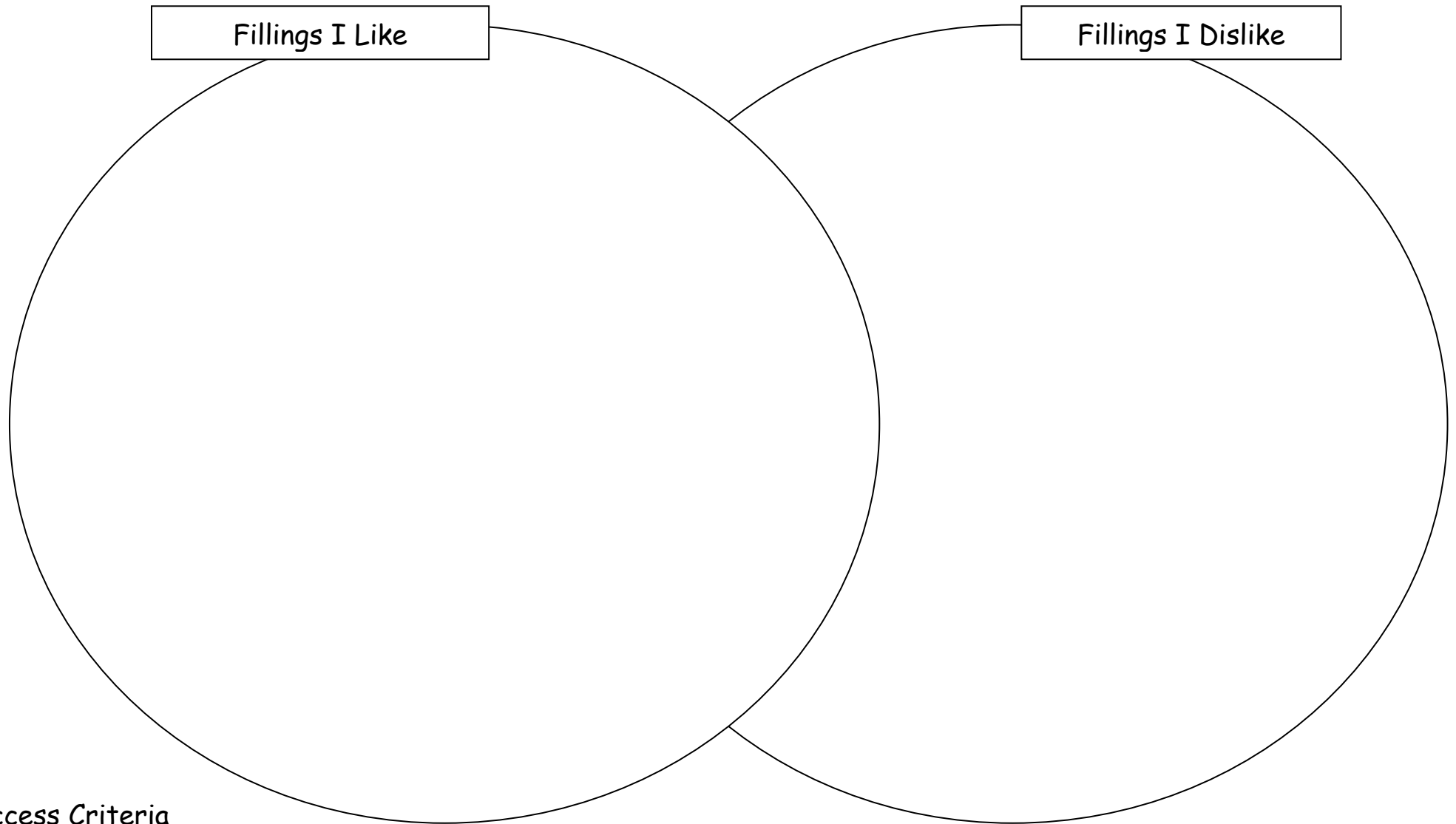
Types of
Bread

Types of
Filling

Success Criteria

- I can use a mind map to show all the different types of healthy breads and fillings I know about.

Tasting Different Healthy Sandwich Fillings



Success Criteria

- I can try different sandwich fillings.
- I can decide if I like, dislike or don't mind the filling.
- I can write the filling in the correct place on the Venn diagram.

Bread Tasting

Success Criteria

I can taste different types of bread.

I can think about their appearance, smell, flavour and texture.

I can decide which breads I like or dislike.

I can choose which bread I want for my sandwich.

| Type of Bread | Appearance | Smell | Flavour | Texture | Do I like it |
|---------------|------------|-------|---------|---------|--------------|
| White bread | | | | | |
| Brown bread | | | | | |
| Best of both | | | | | |
| Pita Bread | | | | | |
| Ciabatta | | | | | |
| Rye Bread | | | | | |
| Roll | | | | | |
| Bagel | | | | | |
| Baguette | | | | | |
| Wrap | | | | | |

Word Bank

| | | | | | |
|--|---|---------------------------|---|---|--|
| | colourful dark pale greasy moist dry brown white | fruity smoky yeasty | salty herby spicy smoky sweet | crispy crunchy soft sticky smooth hard chewy moist | |
|--|---|---------------------------|---|---|--|

Which breads might you use for your sandwich?

Designing a Sandwich

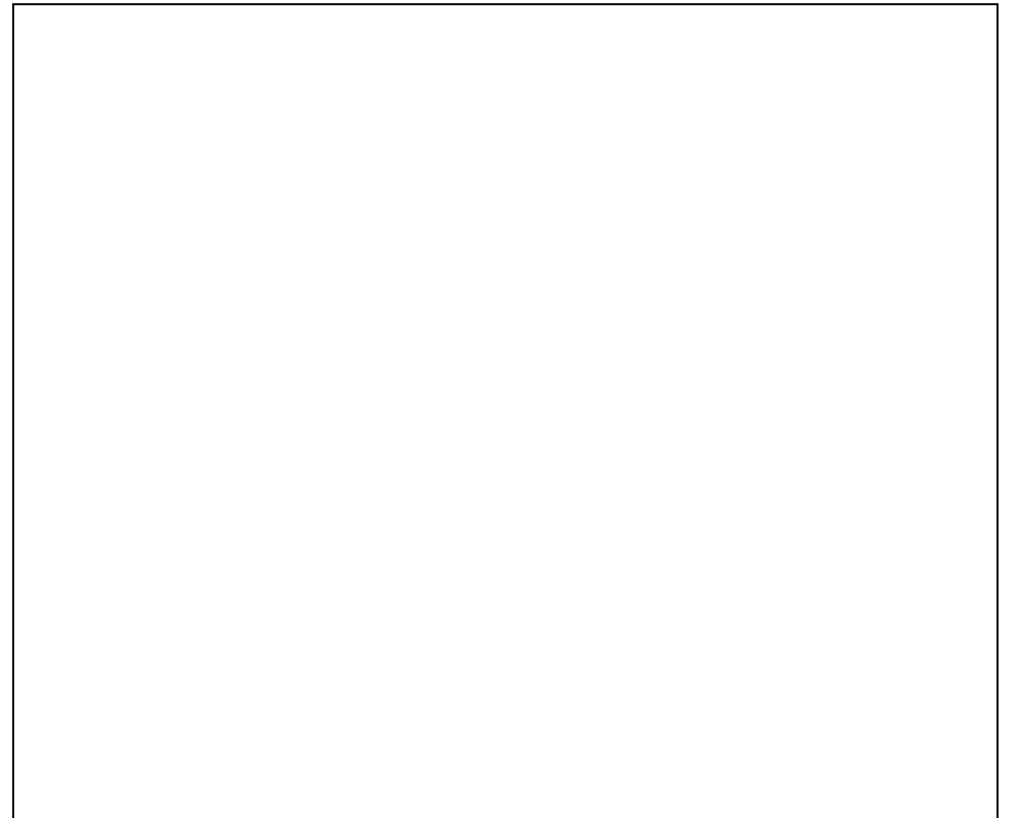
Success Criteria

- I can design a healthy sandwich using foods from at least three different food groups.
 - I can think about how my sandwich will be cut, arranged on a plate and decorated.
-

Choose a type of bread and fillings from two different food groups to make your sandwich.

What shape will your sandwich be?
How will you arrange it on the plate?
How will you decorate it?

What spread will you use? _____



Designing and Making Sandwiches

In Design and Technology, we have been looking at healthy and interesting sandwiches. We have tested breads and fillings, decided what makes a balanced sandwich healthy sandwich and thought about taste and presentation.

This week we have designed our own sandwiches. On Friday _____ we want to make our sandwiches in class.

Please may we bring to school on that morning, the following:

Equipment:

1. A chopping board
2. A cloth or some kitchen roll.
3. An apron
4. A table knife (not sharp)

Ingredients for my sandwich:

1. Type of Bread:
2. Fillings for the sandwich:
3. Decoration for my plate:

Please bring the ingredients in named plastic bags or Tupperware boxes. Please cook/slice any meats or eggs and grate any cheese/carrots as required. I will provide margarine and butter for the children.

If you would like to help, please return this slip to me.

Child's name _____

I am able to help make sandwiches.

Please bring a sharp knife to help with any chopping.

Evaluating Sandwiches

Success Criteria

- I can evaluate my sandwich.
- I can find out what other people thought of my sandwich.

1. Fill in the names of people who try your sandwich.
2. Show if they like, dislike or don't mind your sandwich.
3. Find out why they made their decision.

Key  Like  Don't mind  Dislike

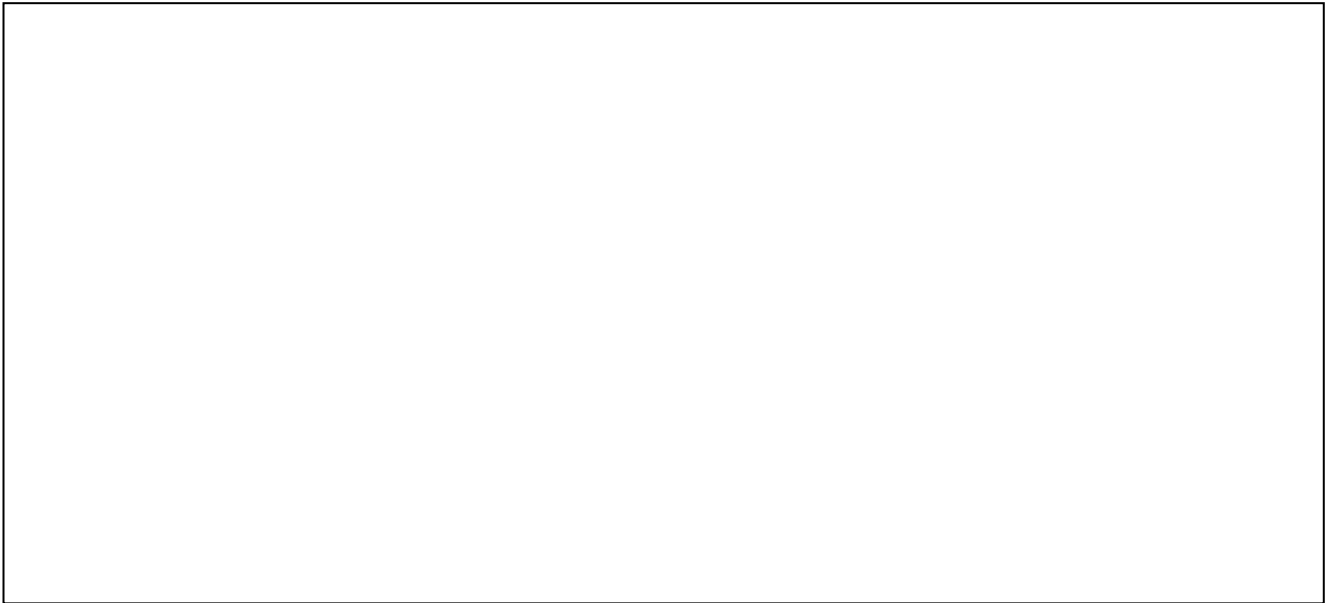
| Name | What did you think of the sandwich? | Why did you think this? |
|------|-------------------------------------|-------------------------|
| Me | | |
| | | |
| | | |
| | | |

Evaluating My Sandwich

Success Criteria

- I can write about what I liked and disliked about my sandwich.
- I can write of ways to improve my sandwich next time.

Stick a picture of your sandwich in the box below.



Did you like or dislike your sandwich? Explain why.

_____ because _____

Do you like or dislike how you presented your sandwich on the plate?

_____ because _____

How would you improve your sandwich next time?
