

Making a healthy sandwich

Learning aims

- Become familiar with using one handed tools such as scissors and butter knives
- Start to understand which foods are healthy
- Become familiar and independent with hygiene routines such as handwashing.

Resources

- Aprons
- Hand soap
- Anti-bacterial wipes or spray and cloth for the tables
- Optional plastic tablecloth
- Scissors and butter knives which are specifically designated for cooking
- Bread
- Choice of healthy fillings such as: ham, cheese, lettuce, peppers, cucumber
- Butter (or a dairy free alternative).



Activity Outline

1. Explain to the children they will be making healthy sandwiches for them to eat. Talk about what they think they need to do before they start making them. Model handwashing including washing the backs of their hands and in between their fingers. Ask the children why they think it's important to wash their hands before cooking. Are there any other times when they should wash their hands?
2. Provide the children with aprons and model how to put one on. Stand back and allow them to have a go at putting it on by themselves. They may well need help fastening them; encourage them to help each other
3. Model wiping down the table and then get the children to wipe down their own section. You may not want to give them the anti-bacterial spray, so you can do this for them and let them use a clean cloth to wipe their section of the table
4. Ask if the children know the names of the fillings you have provided and ask them to consider what their choices are going to be. Talk about their favourite sandwiches and about healthy eating choices
5. Ask the children how many slices of bread they will need to make a sandwich and encourage them to count each one using a number name as they point to it
6. Ask them if they would like butter on their sandwiches, or not. Let all the children have a go at buttering and adding the fillings – it might get a bit messy until they get more confident
7. With younger children, it will be easier to have all the fillings prepared so they choose a filling and put it on the bread straight away. For older children, get them to use the scissors to cut the lettuce or peppers into smaller chunks for their sandwiches
8. The children eat their sandwiches there and then or save them to eat together at snack time or a meal time. If they are saving them for later, talk about why you need to cover the sandwiches and put them in the fridge i.e. to make sure they don't dry out and are safe to eat later on.

Extending the activity

- Take photos of each step while the children make their sandwiches. Print them out so the children can sequence the pictures in small groups or in pairs
- Send home information for parents about healthy eating choices, such as the NHS Better Health: Healthier Families website: <https://www.nhs.uk/healthier-families/>.

Special considerations

Important: Activities with children must always be risk assessed, including for allergies and choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.



NDNA products to support you with this activity

[Online training - Food Safety and Hygiene – level 2](#)