

## Sandwiches

Design, make and evaluate a sandwich to be sold at the Rainforest Cafe

Working towards ...children making their own sandwich, selecting ingredients that are appropriate for the Rainforest Café. Children work in small groups to prepare ingredients and fillings before children making their own ideas.

**Links to Rainforest / Amazon topic, designing a sandwich to be sold in the Rainforest Cafe**



### Prior Learning (skills and knowledge)

Previously, Chn have ...

- Some experience of preparing ingredients safely and hygienically.
- Have used some equipment and utensils and prepared and combined ingredients to make a product.

They have learnt about...

- Healthy eating and the eat well plate

### Links to other curriculum areas

- Links to Rainforest topic and themes around what a rainforest is
- Maths—Measure & calculate with metric measures. Recognise, find & write fractions [*in measuring ingredients and cutting into shapes*]
- Science—Biology—Plants incl. parts, lifecycles and requirements for life [*in selecting rainforest ingredients*]

### Essential skills

This time Chn will ...

- Explored food groups and find out nutritional information about different foods
- Discuss why we eat a balanced diet
- Look at existing sandwiches, fillings, types of bread and specialist ingredients for a rainforest theme
- Design, draw and label their own ideas
- Practice grating cheese and spreading butter
- Practice using knives to chop food and using the claw and bridge techniques for cutting
- Plan the steps they need to take to make their sandwich as well as writing an ingredients list
- Working together in small groups to prepare different ingredients (eg – grating cheese, mixing tuna mayo, chopping vegetables)
- Create and make their own sandwich using tools and catering equipment safely and hygienically

### Key content

- Eat—Well Plate—Watch video explaining the eat well plate and different food groups, class discussion *Can you name the 5 food groups? Which 2 foods belong to fibre group / carbohydrates group / protein group / dairy group / fat group?* Potential follow up questions – *Why is potato not in the fruit and veg group? Why fat group so small?* Children group different foods and draw their own version of the eat well plate describing what each group contains and why that is beneficial.
- Design Sandwich—Children look at menus for rainforest café and brainstorm ingredients that are breads, fillings, toppings and rainforest specials. Children also look at different interesting/fun sandwich designs and discuss how these have been made. Children then design their own sandwich ideas, drawing and labelling their ideas.
- Practice Skills—Children shown how to use a grater and how to spread, children practice these techniques by spreading butter on a cracker and grating a carrot. Children also shown how to safely use knife and how to chop using the bridge and the claw techniques, children practice these 2 cutting skills using laminated paper chopping boards and balls and sausages of plasticine.
- Plan Steps— Children look at pictures of steps for making sandwiches and put these in order, discussing what has to be done first, etc... Children write their own instructions for making their sandwich and draw each step. Class discussion about variations for different breads, fillings or rainforest specials. Children also write a materials list stating all the ingredients they want to use.
- Make Sandwich—Children first work in small groups to prepare ingredients, watching practical demonstrations of using real ingredients, children work together in food preparation (eg– grating cheese, mixing tuna mayo, chopping vegetables, etc...) Children then get the ingredients they need to make their ideas and start making their own sandwich.
- Evaluation—children comment on what they have learned this unit, what skill they were very good at and why and also what they would want to do better. Children also comment on how they feel about their final outcome and discuss their thoughts with others

### Key vocabulary to be taught/embedded

Eat-Well plate, food groups, Fruit & Vegetables, Bread, Rice, Pasta, Dairy food, Fats & Oils, meats, beans and eggs, vitamins, nutrients, carbohydrates, calcium, fat, protein, fillings, toppings, spread, knife, grater, grate, chopping board, cut, claw technique, bridge technique, roll, balls, sausage, plan, steps, mix, chop, scales, measure, bowls, spoons, fork

### Linked texts

- The Rainforest Grew All Around
- Split Up a Sandwich (Deconstructed Diets)