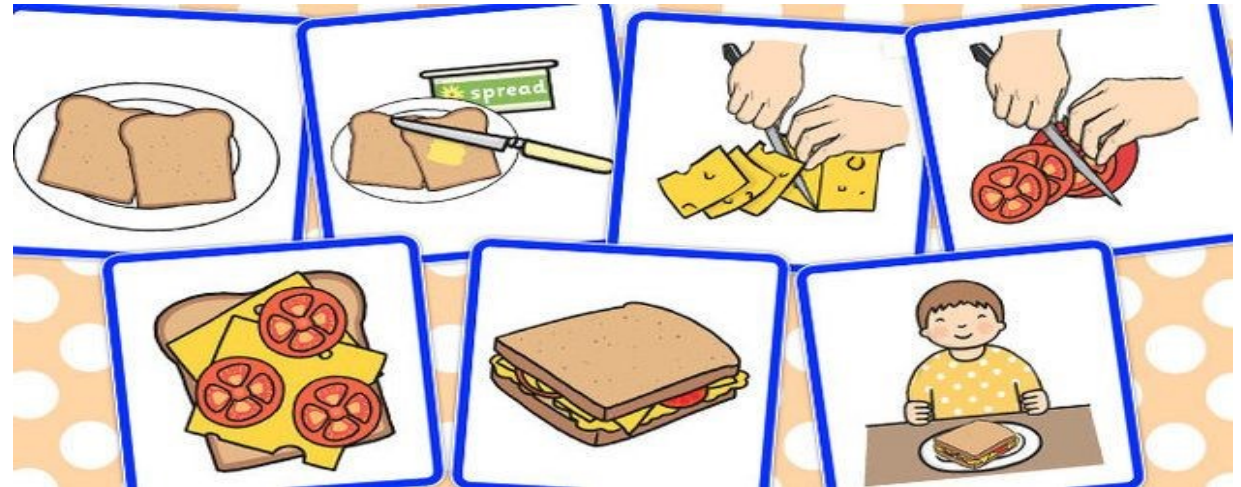


Key Vocabulary

sandwich	grate
ingredients	chop
spread	cut
knife	healthy
slice	bread

Stages of making a sandwich



The Healthy Eating Plate



When making a sandwich, we can use the Healthy Eating Plate to help us select ingredients that are good for us.

What ingredients will you use in your sandwich?

Types of breads

