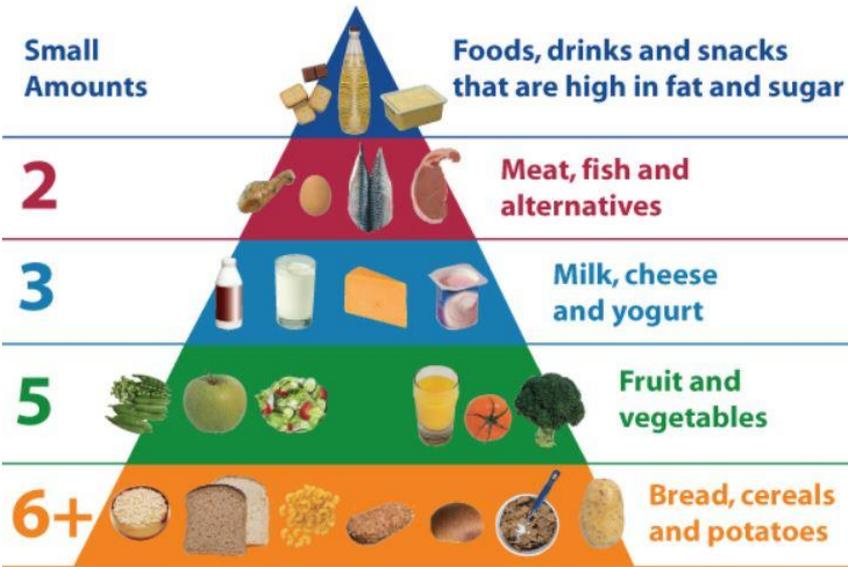


Technical knowledge

We need to eat a balanced diet and sandwiches can be part of this. There are different breads and sandwich fillings to choose from. Choosing ingredients that include a little bit of everything from all the different food groups is ideal.

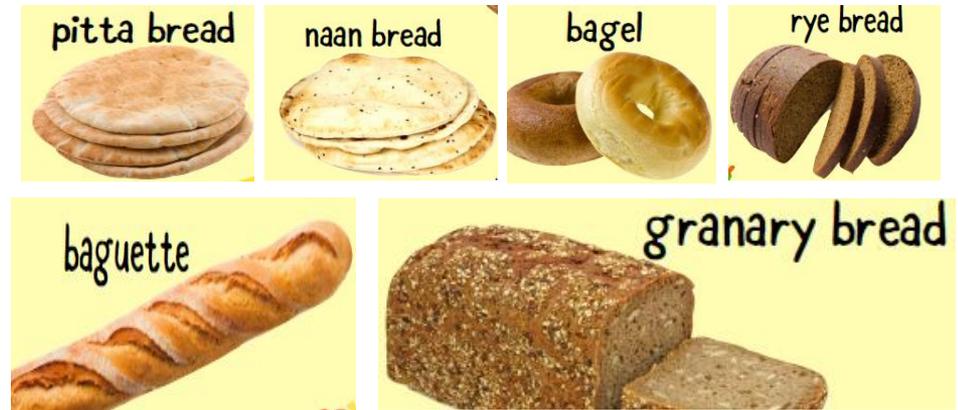
The food pyramid shows which foods you should eat a lot of and a little of.



Key Vocabulary

Carbohydrate	A food group that gives you energy.
Protein	A food group that helps the body to repair and grow.
Calcium	A food group that keeps your bones strong.
Gluten-free	Foods that do not contain gluten, the protein in wheat
Occasion	A special event that involves people, food and sometimes dancing.

Different types of bread



Keeping safe

1. Always wash your hands well before handling food.
2. Make sure your work area is clean before you begin.
3. Wear an apron or protective clothing when handling food.
4. Be careful and sensible with knives: never run or play with them.
5. Keep your fingers away from knives and graters.

Questions to think about

Which sandwiches are well presented?



Which do you think look tastiest?



How do you think your own sandwich looks?

