



Tick the box!

Learning objective: *to find out more about sandwiches and healthy eating.*

To understand basic food hygiene, prepare a sandwich and describe it.

D&T Unit 3B: *Sandwich snacks.*

Starting point: Ask the children to describe a sandwich. What are its main ingredients? Think about different types of bread (white, wholemeal, sliced, rolls, pittas, bagels) as well as a variety of fillings. What are their favourite sandwich fillings? What's a BLT? Has anyone tried an SLT? It's a healthy alternative that uses salmon instead of bacon!

Support: Explain that sandwich ingredients can be grouped into different food types. Write the five main food groups on the board. Ask the children to name some sandwich ingredients and put them in the correct group.

Extension: Think about how sandwiches are packaged. Then ask the children to design a label for a packet of shop-bought sandwiches. (This activity can be linked to D&T Unit 3A: Packaging, and the Eco-labels section in the Fish & Kids education pack).

Plenary: Show the children how to prepare a sandwich using tinned MSC-labelled salmon mixed with mayonnaise. Talk about basic food hygiene. If resources allow, the children can then prepare their own sandwich. Ask the class to describe the appearance, taste, smell and texture of a salmon sandwich.

Additional background: If you have been using the Fish & Kids activity sheets with your class, the children should already be familiar with the MSC blue and white fish-tick eco-label. If not, please take a moment to show the MSC eco-label to the class, and to explain that it helps us to recognise sustainable fish products, which have been caught by fishermen who are helping to look after the sea.

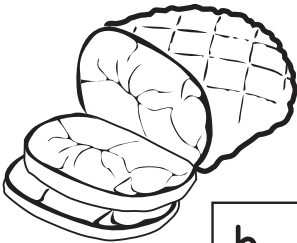
If you are planning a practical sandwich making activity, please try to use tinned MSC-labelled pink or red Alaskan salmon. Visit www.msc.org for a full list of MSC-labelled products and stockists, and help us to spread the word about sustainable seafood.

Tick the box!

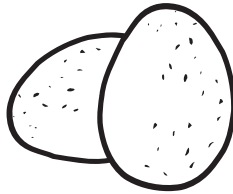


I made this healthy salmon sandwich for my lunch.

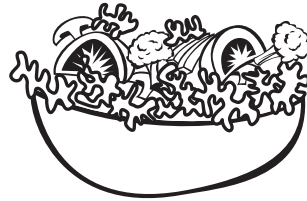
Fill in the missing letters to make five sandwich fillings, and put a tick next to your favourite. Then colour in all the healthy food.



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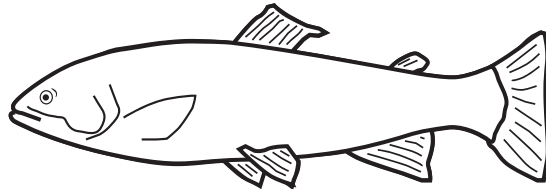
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Now I know ✓

- Sandwiches can have lots of different fillings.
- Salmon is a healthy sandwich filling.

