

# activities



## Sandwich Suggestions



Hold a sandwich making competition and award prizes for the most delicious sandwich and the wildest combination.



Visit a variety of eating places such as cafes, restaurants, and cafeterias. Make a list of healthy and unhealthy sandwiches that are available for sale.



Create your own healthy snack with bread. For a change, use a bread other than white, such as rye. Use a food from the vegetable or fruit groups, dairy group and meat group. Write down your recipe, including how much of each item you used and the instructions needed to make your sandwich. Write a paragraph about how you decided what tasted good with your bread, and what made the snack healthy.



Visit a supermarket and make a list of all the different types of bread available. Record the ingredients and the quantities used for each loaf. Compare similar types of bread.



Name at least 20 bread topping or spread ideas which are lighter or lower in fat. Discuss how the healthy image of bread is often associated with high-fat, high-sugar toppings and spreads.