



My Sandwich

Grade Levels & Subjects: Early Childhood and K - 2 Language Arts

Learning + Food Objectives:

Students will learn about the ingredients that make up a healthy sandwich and will advocate for the one they feel is the best sandwich.

Common Core Standards:

Common Core English Language Arts

Creating and sharing ideas about sandwiches

CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



MATERIALS NEEDED

- "The History of the Sandwich" by PBS - <https://www.pbs.org/video/history-sandwich-dpeus4/>
- Carla's Sandwich by Debbie Herman & Sheila Bailey
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (5 - 10 minutes)

1. Prior to the lesson, teachers may wish to view the PBS video "The History of the Sandwich" to gain a better understanding of the topic.
 - a. This video doesn't include voice narration and the words on-screen may not be the appropriate Lexile level for students.

- b. Consider creating a word and image wall that has diverse ingredients for sandwiches. For instance, be sure to include various alternatives to sliced bread, like tortillas, spinach wraps, lettuce, pita bread, French bread or other “hoagie style” breads, crackers, etc.
 - c. Have chart paper and markers available for each group or have sticky notes handy so that students can place their responses on the wall or the board.
2. To begin, put students in groups of 4 and ask them to discuss this question: *What is your favorite sandwich and why?*
3. The teacher can either write out students’ favorites as they share them aloud or have groups write them on big chart paper.
4. Discuss students' responses.

INSTRUCTION (30 - 50 minutes)

1. Explain that today’s lesson will focus on how to make a healthy sandwich and they will have the chance to try to persuade the class on which sandwich is the best of all.
2. Now, prepare to read the book *Carla's Sandwich* by Debbie Herman & Sheila Bailey. Teachers should be aware that they may be able to find versions of this title being read aloud online.
 - a. Be sure to point out the idea that every sandwich is different like everyone’s tastes are different. Different cultures even make sandwiches in different ways, using different ingredients, like using pita or tortillas instead of using sandwich bread.
 - b. Consider playing the video twice to ensure comprehension. Also make use of closed captioning and transcript options, if appropriate.
3. Engage students in a discussion about the book using the questions below. Create an anchor chart from the Stories about Sandwiches table to record students’ responses.
 - a. What does the word “unique” mean?
 - b. Who are the characters in the story?
 - c. Where does the story take place?
 - d. What is the problem or conflict in the story?
 - e. What is 1 way to make Carla feel more included during lunchtime?
 - f. Were there any sandwiches in the reading that you’d be willing to eat?
4. Now, tell students that it’s their turn to create their own sandwich recipes. Point out the Creating Your Own Sandwich Recipe section of the student worksheet if students will be writing out their answers.
 - a. Consider playing 1 or more of these videos as students work on their own sandwich recipes
 - i. [What’s in your sandwich?](#) by Sing with Annie & Ben
 - ii. [Let’s Make a Sandwich Song](#) by Maple Leaf Learning
 - iii. [How to Untoast the Toast the Ruff Ruffman Show](#) by PBS
5. Be sure to leave time for students to share their recipes with the class.

CLOSING (teacher discretion)

1. If time permits, do a whole class share aloud based on 1 or more of these questions:
 - a. What is 1 unique ingredient you can add to your favorite sandwich?
 - b. What is 1 unique ingredient you could add to your new sandwich?

RECIPE FROM VIDEO

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

Designing a Better Sandwich

Serves: 2 or more (adjust as necessary)

Ingredients:

- shredded carrots
- shredded lettuce
- sliced cucumbers
- sliced red peppers
- sliced green peppers
- sliced red onion
- chopped herbs - dill, basil, parsley
- sliced radishes
- sliced mushrooms
- hummus
- Greek yogurt
- crumbled feta
- sliced cheddar
- sliced provolone
- flat bread, wheat bread, spinach wraps, tortillas

Materials:

- cutting board
- bowls for ingredients
- small paper plates
- plastic knives

Preparation:

1. Ask students what they want to use as the base for their sandwich – what kind of bread or wrap
2. Students select their ingredients based on their taste and interest.
3. Students can work together or alone to construct the sandwiches.
4. When all the student groups have finished, sandwiches will be shared with the class.

The student worksheet below can be printed or copied onto any online learning platform.



My Sandwich

Creating Your Own Sandwich Recipe

Directions: Create a sandwich that has at least 4 ingredients. You can draw out each recipe OR then, draw your finished sandwich in the **My Sandwich Recipe Drawing Space**. Your teacher may help you write out the ingredients. Be creative!

My Sandwich Recipe Drawing Space	

My Sandwich Recipe	
Ingredient #1	Ingredient #2
Ingredient #3	Ingredient #4