



# Lesson 1 Your Sandwich Can Save the World

## Recipe: Sunbutter Sandwich

[foodliteracycenter.org/lesson1](http://foodliteracycenter.org/lesson1)

### Lesson Overview

Students will be able to assemble a healthy meal/snack by following a recipe, and be able to share ideas about how to add a fruit or veggie to every snack or meal. Students will learn and practice safe knife skills.

### Talking Points

- “At Food Literacy Center we believe all kids can be ‘Food Adventurers!’ What do you think it means to be a food adventurer?” A Food Adventurer is someone who is very brave and likes to explore new foods.
- “What are the different parts of a recipe?” [Title, ingredients and quantities, directions, servings, cook/preparation time.] “What does a recipe tell us?” What other fruits/veggies could we put in our sandwich instead?
- Why are we using fresh fruit instead of jelly in the sandwich? In order to build healthy habits and become a Food Adventurer, we need to eat fruits or veggies with every snack and every meal.

### Recipe Overview

Ask the student to find or identify the ingredients gathered for the lesson as they read the recipe, or follow along as you read.

Explain the importance of reading the entire recipe before beginning to cook, even something that you're familiar with, like a peanut butter sandwich.

Allow your child to practice knife skills by following our video. They can use a butter knife to cut soft fruits like bananas or pears as they practice safe knife skills to upgrade to a sharper knife.

### Discussion & Wrap Up Questions

- What did you learn today?
- How were you a food adventurer?
- What did you think about trying a new food today? Show me with your thumbs!
- What are some words you could use to describe how it tastes, smells, sounds, or feels?

### Vocabulary Words

Food Adventurers

Recipe

Tunnel

Claw

Your Sandwich Can Save the World!

[Food Literacy Curriculum](#)

© 2020 Food Literacy Center

All rights reserved