

Design a Sandwich

Time: 30 minutes with an adult

You need

- ☐ Bread
- ☐ 3 or 4 safe fillings, such as cucumber, cheese, or a spread
- ☐ Plate
- ☐ Paper and pencil

Steps

- 1** Wash your hands.
- 2** Plan on paper: base, filling, something crunchy, and a sauce.
- 3** Make your sandwich with an adult.
- 4** Ask two people to taste it and score it from 1 to 5.
- 5** Write what to improve.

Safety: Ask an adult for any cutting, and check for food allergies.

Before you start: what do I think will happen?

My observations

Table 1. My sandwich plan

Part	My choice
Base	
Filling	
Something crunchy	
Sauce	

Table 2. Taste test

Taster	Score (1 to 5)	What they said
Taster 1		
Taster 2		
Taster 3		

Think about it

Which flavours went well together?

What would you change next time?

Draw or stick your work here



Name: _____ Date: _____

CuriousLeap - Ask a grown-up to help whenever you need.