

Sandwich Stories

Primary Objectives

- 7a. Uses fingers and hands
- 10a. Engages in conversations

Why It's Important

Working with your child to invent her own culinary creations helps her build confidence in her developing conversational skills.

Materials

Cookie cutters; bread; sandwich ingredients that are easy to cut through (peanut butter, jelly, cheese); plastic spreader

What You Do

1. Explain to your child that she will be making her own sandwich snack. Show her the ingredients and cookie cutters. Invite her to choose her ingredients and spread them on the bread. Assist as needed.
2. Next, invite your child to choose a shape for her sandwich. Talk with your child about the different shapes that are available and ask her to describe them to you.
3. Show her how to press down with the cookie cutter and peel away the edges (which can be saved and eaten with the snack after the activity). Make comments about what she is doing. *I see that you have chosen the dog-shaped cookie cutter. You are working hard at pressing that down to cut out your shape.*
4. Before your child eats her sandwich shape, ask her about the shape that she chose. *What does a dog sound like? Where would you find a tree like that one?*
5. Enjoy the sandwiches together. Talk about the other shapes you can use at another time.