

## *Build a Sandwich Fun Activity*



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

**TITLE:** BUILD A SANDWICH

**OBJECTIVES:** Students will demonstrate their knowledge of the 5 basic food groups in this pre-assessment activity. They will “build” a sandwich using ingredients of their own liking through illustration and then categorize each ingredient into the corresponding food group.

**MATERIALS:**

- White Construction Paper
- Markers, Colors, Pencils
- Active Board or Chalk/White Board
- Sandwich Builder Template

**PROCEDURES:**

1. Explain to the students that they will be “building” their favorite sandwiches.
2. As a group, discuss the types of sandwiches that we may like. **(Ex: Try to encourage children use their imaginations to have sandwiches with a large number of ingredients –wheat bread, turkey, ham, cheese, avocado, lettuce, tomato, and mayonnaise. SILLY SANDWICHES ARE ENCOURAGED)**
3. Record the shared sandwiches and ingredients on the Active/Chalk/White board.
4. Students will be provided with the “Sandwich Builder” template and writing materials.
5. They will then “build” (illustrate) their favorite sandwiches.
6. After illustrated, they will then write the name of each ingredient’s name under the food group that it belongs to.
7. Students may then share their yummy creations with the class!

**APPROXIMATE TIME FOR PROCEDURE:** 25 MINUTES



# SANDWICH BUILDER



NAME \_\_\_\_\_

**Grain Food Group**

---

---

**Vegetable Food Group**

---

---

---

---

**Fruit Food Group**

---

---

---

**Protein Food Group**

---

---

---

---

**Dairy Food Group**

---

---

---