

# OPEN-TOP BANANA SANDWICH

An easy sandwich snack for the youngest pupils to tackle. Good for breakfast, especially if served on a toasted bagel. Serves 1.

## Ingredients

- 1 slice of bread (wholemeal or white un-sliced bread, 'muesli-style' bread or another un-sliced variety)
- 25g reduced fat cream cheese
- ½ a small ripe banana, still in skin
- ½ level teaspoon ground cinnamon (optional)

## Equipment

Bread knife, table knife, dessert spoon, plate, chopping board, vegetable knife, serving plate

## How to make it

1. Slice the bread.
2. Peel and chop the banana.
3. Spread the bread with the cream cheese. Arrange the banana slices on the top.
4. Sprinkle with ground cinnamon (optional), and serve immediately.

## Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

## Show the children

- How to peel the banana
- How to spread cream cheese with the back of a spoon
- The bridge cutting technique to halve then halve again until banana is in slices
- How to arrange ingredients
- How to sprinkle a 'pinch'

## Under supervision, children can:

- Peel and cut up the banana
- Spread the cream cheese
- Arrange the toppings
- Sprinkle the cinnamon

## Skills

Peeling, bridge knife technique, spreading with the back of a spoon, arranging ingredients



LEAVE HALVED BANANAS IN THEIR SKINS TO STOP THEM BROWNING.

Per sandwich (102g)

### ENERGY

645kJ / 153kcal 8%

MED

### FAT

4.0g 6%

MED

### SATURATES

2.0g 10%

MED

### SUGARS

9.5g 11%

MED

### SALT

0.7g 12%

% of an adult's reference intake

Typical values per 100g Energy 633kJ / 150kcal

### NUTRITION INFORMATION

Typical Values	Amount per 100g	Amount per serving (102g)
Energy	633kJ / 150kcal	645kJ / 153kcal
Protein	3.9g	4.0g
Carbohydrate (of which sugars)	22.9g (9.4g)	23.3g (9.5g)
Fat (of which saturates)	3.9g (1.9g)	4.0g (2.0g)
Fibre	4.0g	4.1g
Salt	0.7g	0.7g

