

## Objective

By the end of this lesson, the student will learn how to make a simple sandwich while practicing English, History, Math, Physical Education, Science, and Social Studies skills in a fun and engaging way!

## Materials and Prep

- Bread (any type)
- Peanut butter or any spread
- Jelly or another topping
- Optional: Slices of fruit (like bananas or strawberries)
- Napkin or plate

Before the lesson, ensure that the student is not allergic to any of the ingredients. Prepare a clean workspace for making the sandwich.

## Activities

- **Story Time:**

Read a short story about a character who makes a sandwich. Discuss what ingredients they used and how they made it. This will help with English vocabulary and comprehension.

- **History of Sandwiches:**

Talk about the history of sandwiches. Explain that the sandwich was named after a man named John Montagu, the 4th Earl of Sandwich, who liked to eat meat between two pieces of bread. This introduces a bit of history in a fun way!

- **Math Fun:**

Count the slices of bread and toppings together. You can also practice simple addition by asking questions like, "If we have 2 slices of bread and we add 1 more, how many do we have?"

- **Physical Movement:**

Incorporate some physical activity by having the student pretend to be a sandwich maker in a fun dance! They can pretend to spread peanut butter, add jelly, and stack the sandwich while moving around.

- **Science Exploration:**

Discuss why bread is soft and what happens when we put different toppings on it. You can also talk about how some sandwiches are healthy and how fruits can be added for nutrition.

- **Social Studies:**

Talk about how people eat different kinds of sandwiches around the world. Ask the student if they know of any unique sandwiches from other countries.

## Talking Points

- "Did you know that sandwiches have a really cool history? They were named after a man who loved to eat meat between bread!"
- "Let's count how many slices of bread we have! Can you help me add them together?"
- "When we make our sandwich, let's pretend to dance like we are making it! Can you show me how you would spread peanut butter?"
- "Why do you think bread is soft? What do you think happens when we add jelly or fruit?"
- "People all over the world eat sandwiches! What do you think a sandwich from another country might look like?"