

How to Make a Cheese and Tomato Sandwich

Ingredients Needed:

white or brown sliced bread
a tomato
a block of cheese
butter or other spread

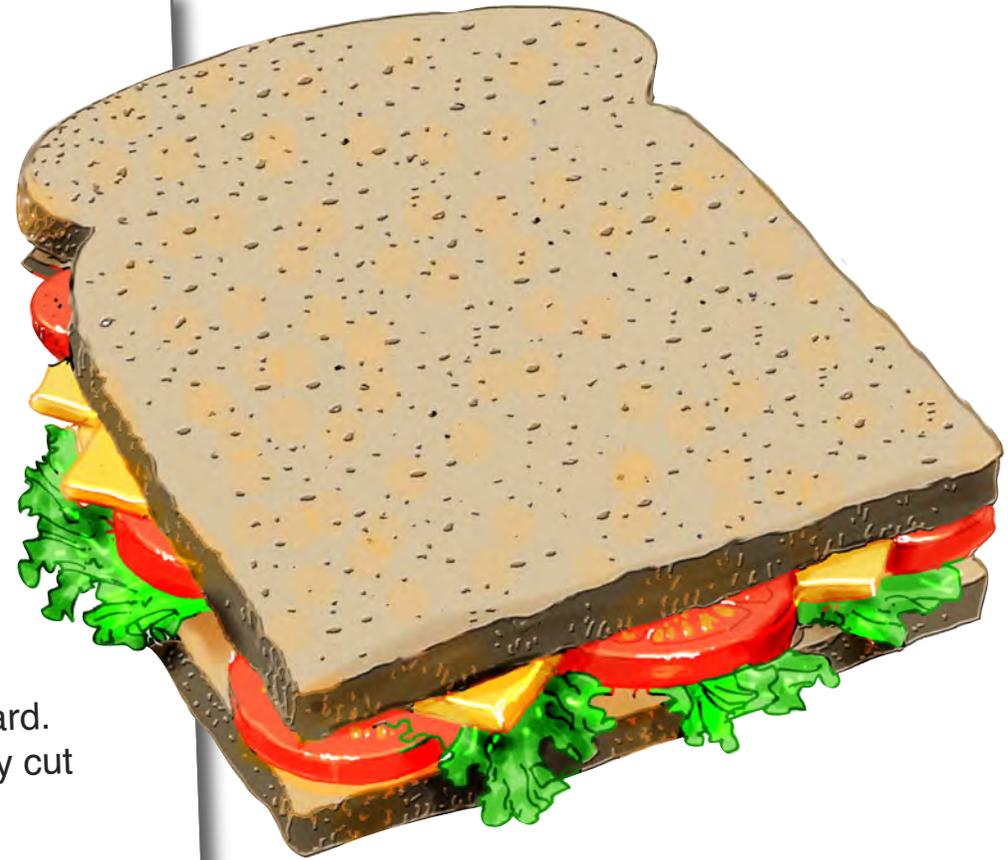
Equipment Needed:

butter knife for spreading
sharp knife for cutting
chopping board
plate

N.B. Always get an adult to supervise children using a sharp knife!

Method:

- 1 Wash and dry your hands carefully.
- 2 Collect two slices of bread and place on a clean working area.
- 3 Open your chosen butter or other sandwich spread. Use the butter knife to collect your chosen spread and drag it evenly across one side of each slice of bread.
- 4 With one hand, hold your tomato very still on the cutting board.
- 5 With your other hand, take the sharp knife and very carefully cut the tomato into slices.
- 6 Next, arrange the slices of tomato on one piece of bread.
- 7 With one hand, hold your block of cheese very still on the cutting board.
- 8 With your other hand, take the sharp knife and cut several thin slices.
- 9 Arrange the cheese on top of the tomato.
- 10 Place the lid on the sandwich and cut into two halves.
- 11 Place on your plate. Your sandwich is now ready to eat.



How to Make a Cheese and Tomato Sandwich

Section A

Choose the best word or group of words to fit the passage and put a ring around your choice.

These instructions tell you how to make a

- 1 **jam and cheese** **cheese and pickle**
cheese and tomato **cheese and ham**

sandwich. First you must wash your

- 2 **face.** **hands.** **feet.** **hair.**

Next, use a butter knife to cover your bread with

- 3 **spread.** **jam.** **cheese.** **tomato.**

Use a sharp knife to cut your

- 4 **apple** **pear** **tomato** **sprout**

into slices and arrange on the bread. Next, cut the

- 5 **cheese** **ham** **lettuce** **bread**

and arrange on top of the tomato. Finally, cut into

- 6 **one** **two** **three** **four**

halves and place on your plate.

Section B

- 1 What equipment is needed to make this sandwich?

- 2 What are ingredients?

- 3 Why do the instructions say 'Always get an adult to supervise children using a sharp knife'?

- 4 Why do you think a sharp knife is used to cut the tomato into slices?

- 5 Why do you think the first instruction is to 'wash and dry your hands carefully'?

- 6 Why do you think the instructions say 'hold your block of cheese very still on the cutting board'?

Section C

Write a set of instructions telling how to make your favourite sandwich.