

Creating a Peanut Butter Sandwich

Age: 2 years and up



Ingredients

Bread

Peanut butter

Optional: sliced banana, crushed pineapple, dried fruit, raisins, grated carrots, cheese.

Directions

When lunch time arrives, the children can create their own sandwiches. This can help them practice their decision-making skills.

1. Put out some bread, peanut butter, sliced banana, crushed pineapple, dried fruit, raisins, grated carrots, or cheese.
2. Let children decide what they want in their sandwich.

CAUTION

Some children have serious allergies to peanuts and peanut products. For these children, you can substitute cream cheese.

What children will learn

Nutrition and cooking, decision-making

