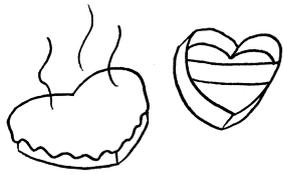# Sandwich Shapes

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive

What You Need:

- Bread slices
- Cheese slices (or you can use cold cuts, peanut butter, jelly)
- Cookie cutter or plastic knife
- Pot holder
- Cookie sheet

What To Do:

Hot Sandwich:

1. Heat your oven to 350 degrees F.

2. Have your child put a slice of cheese on each piece of bread.

3. Cut the sandwich into shapes with a cookie cutter or plastic knife. As you place the shapes on a cookie sheet, name or describe each one.

4. Put the cookie sheet in the heated oven for a few minutes.

5. Turn on the oven light so your child can watch the cheese melt. Explain that the heat causes this reaction.

6. Use the pot holder to carefully take the cookie sheet out of the oven. Let the sandwiches cool a bit.

7. Let your child eat the uncooked bread trimmings while you wait for the sandwich shapes to cool.

8. As you eat the sandwiches together, ask your child to compare how the bread

and cheese tastes before and after being heated.

Cold Sandwich:

1. Use various sandwich ingredients that do not need to be heated, such as peanut butter, jelly, or cold cuts.

2. Have your child help you assemble the sandwich. For example, he can spread the peanut butter or jelly onto the slices of bread.

3. Use the cookie cutters or plastic knife to cut the sandwich into various shapes. Describe the shapes or have your child name them.

4. Talk about the different textures and tastes of the ingredients used as you enjoy your sandwiches together.

5. Ask your child which ingredients he likes best.

! Safety Alert: Young children do not have the muscle coordination and control to safely cut with knives. Keep knives out of children's reach. Make it clear to your child that only grown-ups may use an oven and that he should not touch the oven because he may get burned.