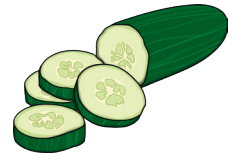
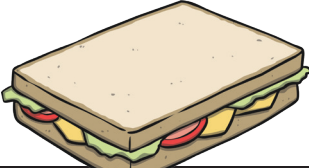



Healthy Sandwich



Choose at least one option from each column below to make a healthy sandwich. As well as the bread and fillings, you might also like to add butter or margarine and a condiment or sauce to your sandwich.

Bread (choose 1)	Protein (choose 1)	Salad (choose 2)
wholewheat granary white brown 	tuna ham chicken beef cheese egg hummus 	lettuce cucumber tomatoes beetroot cress grated carrot

Write what you need to do to make your sandwich. Remember to include bossy (imperative) verbs.

First, _____

Next, _____

Then, _____

After that, _____

Finally, _____

