

Name: \_\_\_\_\_ Partner: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

## Build Your Own Sandwich Lab!

Directions: In the lab, you will work with a partner to construct your perfect nutritious sandwich. We are focused on the recipe created, the nutritious aspect, and following instructions. Please be prepared to reflect on the sandwich building process.

**By the end of the lesson, you will be able to follow and create a recipe from basic ingredients.**

### Components of a Sandwich

- Bread
- Condiment
- Flavor Enhancer
- Protein Option
- Flavor Enhancer
- Condiment
- Bread

### Parts of a Recipe

Title:		
Yield:		
Amount	Measurement	Ingredient

--

Name: \_\_\_\_\_ Partner: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

**Reflection on your recipe writing.**

**Reflection on reading your partner's recipe.**

**Reflection on the appearance of the sandwich your partner made.**

**Did they follow the recipe?**

**Reflection on the taste and flavor of your sandwich!**

**Reflection on the nutrition content of your sandwich!**