

It's a Sandwich! Invites Kids to Read Along While Learning about Breads from Other Cultures

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The lesson that I am currently working on with six year-olds at Hillman Elementary School in Hillman, Michigan is "It's a Sandwich". The book was fun to read, because the children got involved. They couldn't wait until we got to repeating refrain where they got to say "Yes, it's a sandwich." Children learned that a sandwich is more than just bread and fillings. They also learned that different types of sandwiches are eaten all around the world!

Following the book we enjoyed a "breads and spreads tasting party." Many of the children were eager to taste new "breads." There were a "few funny faces, and noses turned up" when they surveyed the spread of unusual foods that lay out in front of them. However, through positive encouragement many children tasted new foods, and several discovered that they liked rye bread, pita and raisin bread. The children had fun making mini sandwiches using the spreads they were offered and the assortment of breads. The blueberry muffins were hands-down the favorite "bread" of the day! Several children were very excited to share with their parents how they can make sandwiches out of tortilla shells for school lunches.