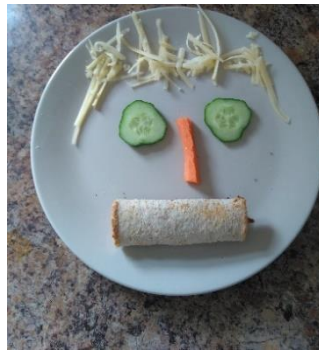


Snack Time

Ham and Cheese Rolls



early years
the organisation for young children

Potential Outcomes:

Children use their initiative and make plans, focus on the activity, problem solve and feel competent.

Children engage, cooperate and make decisions

Children do things for themselves, demonstrate hand-eye coordination and use their small muscles.

Children explore a variety of textures, tastes, smells.

Children express themselves using a variety of words

Children experiment and predict

What you need:

Slices of bread, slices of ham, grated cheese/cheese slices, vegetables to create a design on the plate

Rolling pin, plates, knives, tongs, chopping board bowls.

What you do:

Prepare some vegetables and place in the bowls -to garnish the plate with later.

Cut the edge of the crusts and flatten the slices of bread with a rolling pin.

Encourage the children to be involved in the process -“What will we put on the bread first, ham or cheese”

Children will put the ham and cheese on the slice of bread and then maybe with adult support roll it up carefully. Adult place the rolls under the grill until slightly browned.

Adult and children have 1 or two rolls on their plate and using the vegetables they can garnish the plate.

More ideas:

Choose other fillings to use on another day to fill the rolls or wraps could also be used .

Children also could make suggestions of other vegetables/fruits/foods they could use to garnish the plates.