



# The Very Hungry Caterpillar Sandwich

The Very Hungry Caterpillar is a classic children's story that sees him munch his way through a range of delicious foods. Bring the story to life with this adorable sandwich caterpillar. Perfect to serve as part of tea or snack. This recipe supports children to develop basic cooking skills such as chopping, cutting and spreading.

## Ingredients- Serves 3-4 children

- 6 slices of bread
- Handful of cherry tomatoes
- 2 sticks of celery or 1 cucumber
- Sandwich filling of choice, e.g. tuna, cheese, chicken, hummus
- 1 large tomato

## Equipment

- Small round cookie cutters
- Child friendly knives for cutting
- Child friendly knives for spreading

## Recipe Method

- 1) Get the children to wash and dry the tomatoes and celery.
- 2) Demonstrate how to use the cookie cutters to cut out 2 small circles from each slice of bread and encourage children to copy. This will form the body of your caterpillar.
- 3) Ask children to choose a sandwich filling and support them to spoon and/ or spread this onto their bread.
- 4) Now take the celery or cucumber to make the caterpillar's legs. If using celery, it's best to remove the stringy bits so it's easier for children to cut and eat. Support children to cut the celery/ cucumber into small 6cm strips.
- 5) Give each child a tomato and support them to carefully cut this in half.
- 6) Now you're ready to assemble your caterpillar! Encourage children to work together to stand their sandwiches up on a board or plate.
- 7) Encourage children to gently place the caterpillar's legs in between each of the sandwiches.
- 8) Ask children to pop the tomato halves onto the caterpillar's back.
- 9) Now for the finishing touch- the caterpillar's head. Place the large tomato at the front of the caterpillar's body. Use the leftover celery/ cucumber to create the antenna and use any leftover filling to add eyes and a smile.

## Opportunities for Learning- EYFS 1.5 and 1.9

**Develop cooking skills:** chopping, cutting and spreading.

**Encourage discussion and learning about food:** ask children questions such as:

- what colours can you see?
- what can you smell?
- why are vegetables good for us?
- how do tomatoes grow?

**Mathematics:** encourage children to:

- count and measure the ingredients
- check there is enough ingredients and equipment for everyone
- use a visual timetable to sequence the order of creating the recipe.