



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 at lunch or tea. This recipe supports little ones to develop basic cooking skills such as chopping, cutting and spreading.

Ingredients

- 5 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 or plum

Equipment

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

Recipe Method

- 1) **Child:** wash and dry the tomatoes and celery
- 2) **Parent and child:** use the cookie cutter to cut out 2 small circles from each slice of bread. This will form the body of your caterpillar
- 3) **Child:** spoon and spread your chosen sandwich filling/s into the bread to make your mini sandwiches
- 4) **Parent and child:** now use the 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. Cut the celery/ cucumber into small 6cm strips
- 5) **Parent and child:** chop the cherry tomatoes in half
- 6) **Parent and child:** now you're ready to assemble your caterpillar! Work together to stand the sandwiches up on a board or plate (as seen in the picture above)
- 7) **Child:** gently place the caterpillar's legs in-between each of the sandwiches and place to tomato halves onto the caterpillar's back
- 8) **Parent and child:** now for the finishing touches! Place the large tomato/ plum 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 (we used cream cheese).

Opportunities for Learning

Develop cooking skills: measuring, chopping, cutting and spreading

Learning: ask your child questions, such as:

- how many circles can you count?
- what colours are the vegetables we're using?
- what's inside of the tomatoes?
- what shapes can you see?
- how many spoons of filling do we need for each sandwich?