



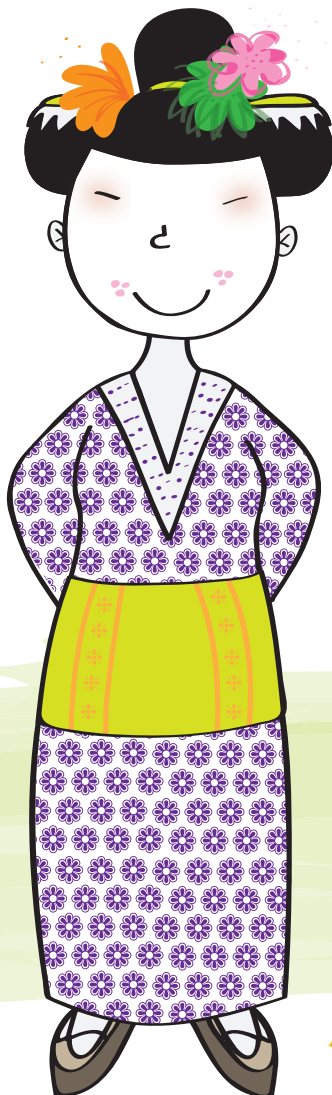
Today's special  
Banana  
Sushi

*ingredients (per child)*

4 slices of whole wheat bread (no crusts)  
2 bananas  
Peanut butter  
Chocolate spread

*materials (per child)*

1 rolling pin  
1 butter knife  
1 plate



1. Lay two of the bread slices out onto the counter and lay the other two over the first two so that they overlap slightly.

2. Use the rolling pin to gently flatten the slices of bread and press them together at the overlap.

3. Gently spread the peanut butter or chocolate spread or both, evenly over both slices of bread.

4. Next take the banana and peel it. Once the bananas are peeled, lay the whole banana in the middle of the bread.

5. Then carefully roll up the bread around the banana, bringing one long end over to the other.

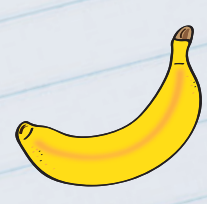
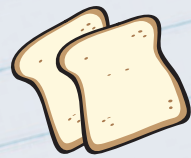
6. Once the banana and bread have been rolled together, slice each roll into 6 pieces that are about 2-3cm thick.

7. When done slicing, place the banana sushi on a plate.

8. Eat and enjoy!



Which ingredients and utensils do you need to make this recipe? Match the pictures to the descriptions.

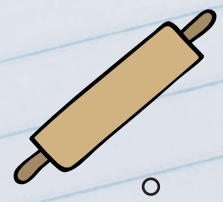
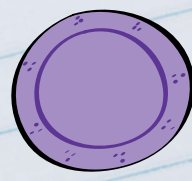


banana

slices of bread

peanut butter

chocolate spread



plate

rolling pin

butter knife

