



ingredients (per child)

4 slices of pre-sliced ham
1 slice of pre-sliced cheese
1 slice of whole wheat bread
1 tbsp salad dressing
1 tbsp thinly shredded carrots
2 or 3 sweet baby pickles

materials (per child)

1 rolling pin
1 knife
1 plate



1. Cut off the crusts of the bread slice.

2. Place the slice of bread on a flat surface. Using a rolling pin, or glass, gently flatten the bread slice.

3. Spread the salad dressing over the inside middle of the flat bread slice.

4. Place four slices of the ham on top of the salad dressing.

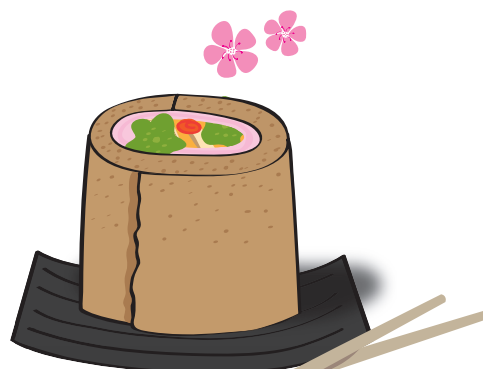
5. Cut a slice of cheese in two long thin strips.

6. Place the cheese strips and the shredded carrots on top of the ham.

7. Place two or three pickles horizontally and side by side on the shredded carrots.

8. Starting at the bottom, roll the bread upwards to make a tight roll.

9. Using a knife, cut the roll into sushi-sized pieces approx. 3cm in length.



→ Circle the 5 ingredients you need to make this recipe!

