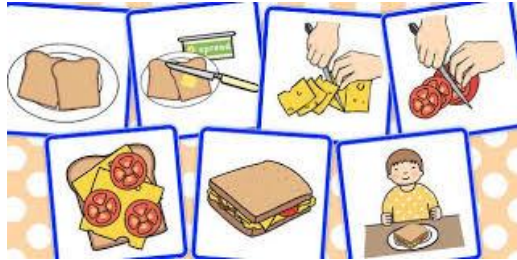


Key Vocabulary

| | |
|-------|---|
| Peel | remove the outer covering or skin from (a fruit or vegetable) |
| Grate | reduce (food) to small shreds by rubbing it on a grater |
| Slice | cut (something, especially food) into slices |
| Chop | cut (something) into pieces with a downward cutting movement |



A sandwich is made in stages.

- 1) Choose your bread.
- 2) Spread butter on your bread.
- 3) Choose your filling – chop, slice, peel or grate your filling(s).
- 4) Place it on one piece of bread.
- 5) Put the other slice on top and cut it into the shape you want.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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| Grate | Slice | Peel | Chop |
|-------|-------|------|------|
| | | | |