**How to make a sandwich**

Sandwiches are fast to make and yummy, if you have the right things, you can make one. If you are in a hurry, most people will want to go out with an empty stomach or grab a snack from their snack cupboard. But, what do I do? I make a sandwich because it is good for me.

What will you need?

2 slices of bread

A knife/spoon

Ingredients like ham, cheese and lettuce

A plate

Steps:

1. Put a slice of bread onto the plate.
2. If your ingredient needs to be spreaded, spread it on the first piece of bread. If your ingredient is big, just place it down if it is as big as the bread, if it is smaller, like a slice of the tiny tomatoes, put more until it covers the bread.
3. Put the next slice of bread on top of the ingredients that is on top of the first piece of bread.
4. Enjoy your first own-made sandwich!

Sandwiches are a healthy, nutritious and a good choice of food.