

Delectable Tidbits

(Family Program, All Ages)



History of Sandwich Day:

Nov. 3 is the anniversary of John Montagu's birthday. It's believed that this 18th-century English noble, better known as the fourth Earl of Sandwich, wanted to eat with one hand during a 24-hour gambling bender. So he instructed his servants to serve him his meat between two pieces of bread. To celebrate the occasion, Nov. 3 is officially "National Sandwich Day."

Stories:

Burger Boy by Alan Durant

Giant Jam Sandwich by John Vernon Lord

Zak's Lunch by Marge Palatini

The Sandwich Swap by Queen Rania

Frankenstein Makes a Sandwich by Adam Rex

The Duchess of Whimsy by Randall de Sève

Hot Diggity Dog : the history of the hot dog by Adrienne Sylver

The Pigeon Finds a Hot Dog by Mo Willems

So Hungry! by Harriet Ziefert

Draw and Tell Story:

The Castaways found in: Thompson, Richard. *Frog's Riddle & Other Draw-and-Tell Stories*. Toronto: Annick Press, Ltd., 1990. (p. 58-63)

Sandwich Facts:

The most popular sandwich in the US is the ham sandwich, and in second place is the BLT.

It's estimated that Americans eat 300 million sandwiches each day – that's more than one for every man, woman and child in the nation.

According to the *Guinness Book of World Records*, the record for eating sandwiches is held by Peter Dowdeswell. He ate 40 jam and butter sandwiches in 17 minutes, 53.9 seconds on October 17, 1977.

The average American student will have consumed approximately 1,500 peanut butter and jelly sandwiches upon graduation from high school.

The introduction of soft white bread in America in the early 1900's is credited with creating a real American appetite for sandwiches. In the 1930's when Wonder Bread started selling pre-sliced loaves, packed with virtually indestructible preservatives, the sandwich became a permanent fixture in the American diet.

Songs/Fingerplays:

Peanut Butter and Jelly

Hotdogs

Hotdogs for breakfast,
Hotdogs for lunch.
Hotdogs, Hotdogs, all in a bunch.
You can eat them with mustard.
You can eat them with cheese.
You can eat them any way you please.
Eat them from the grill.
Eat them from the pot.
Eat them cold, or eat them hot.
Eat them standing up,
Or down on your knees.
Hotdogs, Hotdogs,
Please! Please! Please!

Sandwiches

Sandwiches, sandwiches
my favorite treat.
Sometimes I have peanut butter
sometimes I have meat.
Put on some mayonnaise,
or lettuce could be fun.
Now cut it in half, and eat it up.
Yum!

Lunchtime Rhyme (found on <http://childrensprogrambank.pbworks.com/>)

Syncopate this chant by clapping out the rhythm. You can begin and end by ringing a lunch bell.

Lunchtime,
munchtime,
what'll we make?
Something that starts
with bread we bake.
You be the first,
ready to spread
a nice flat slice
of whole-wheat bread.

Who'll be the ham?
The mustard?
The lamb?
The peanut butter?
And the strawberry jam?

Now we need lettuce,
pickles and cheese,
ketchup and onions,
if you please.

Don't forget the bacon,
the salami and spread,
gobs of mayonnaise
next on the bread.
Tuck in tomato
and a tuna fish,
what a handy dandy kind
of lunchtime dish!

Don't forget to pop
on the top, top, top,
one piece of pumpernickel,
now, let's stop!

(Ring Bell.)

Craft Ideas

You Are What You Eat

Ask the children what their favorite food is and then have them create a drawing of them selves as that food, á la Burger Boy.

Sandwich Faces Collage

Using supermarket ads have the children create food collages that personify everyday people or animals.



Activities or Games:

Feed Burger Boy

Supplies: Giant cutout of Burger Boy, Toy Hamburgers

Have the kids take turns feeding burger boy by tossing hamburgers into his huge mouth.

Sandwich Game

Supplies: Sandwich spinner and sandwich parts

To play, players take turns spinning the spinner. In order to start a player must land on the bread part of the board. Then they can build their sandwich in any order. The winner is the person who gets all the ingredients and ends with a slice of bread of top.

(Complete instructions and template can be found at: http://www.highlightskids.com/Express/Crafts/Games/C0798_sandwich.asp)

Highest Sandwich Contest

Deck of sandwich cards, contestants build a sandwich house of cards style. starting with the bread cards and putting ingredients in between. Give a 10 minute time limit and the person with the highest sandwich wins. (see *template for cards*)

Giant Musical Sandwich Game (found on <http://childrensprogrambank.pbworks.com/>)

This is a variation of musical chairs, but rather than eliminating children from the fun, you add them to the game.

Begin play with two children standing next to each other. They are the “slices of bread.” Leave a little space so the other children can pass through the bread slices. Begin music and have children go through the bread in a line. When the music stops, the child who is between the bread stays and tells what kind of filling he or she is adding to the sandwich. Music continues and children move through the sandwich and filling, and when the music stops again, another filling is added. Music and play continue until you have one giant sandwich with everyone on it!

Sandwich Election

Have your program participants vote for their favorite sandwich. Then crown the winner.

Snacks: Sandwiches . . . what else?