

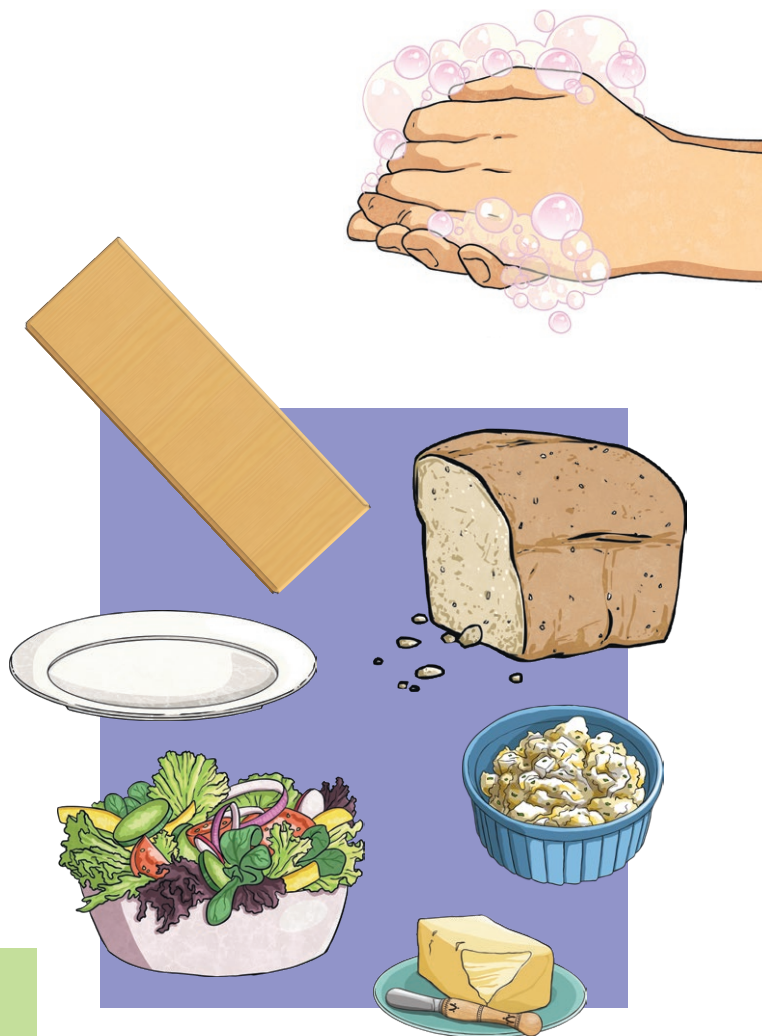
Making a Healthy Sandwich Instructions

1. Wash your hands.

2. Find a clean space to make your sandwich.

3. Collect your equipment and ingredients:

- a breadboard or chopping board
- a sharp knife
- a butter knife
- a plate
- bread
- your sandwich filling
- butter or margarine



4. Place two slices of bread on your breadboard.

5. Spread butter or margarine on each slice.

6. Add your filling.

7. Place the two pieces of bread together.

8. Slice down the middle of the sandwich with a sharp knife.

9. Place your sandwich on a plate.

10. Eat your sandwich.

