

DESIGN & TECHNOLOGY · Y1–Y3

Design a Sandwich

DT food project — KS1 / lower KS2

The design brief

What you have been asked to do

- Your client: a Year 1 pupil who wants a healthy packed lunch.
- Your task: design and make a sandwich that includes at least one vegetable and one protein.
- Constraints: it must fit in a lunchbox, taste good cold, and not contain nuts.
- Your sandwich must: be designed on paper first, made using the equipment provided, tasted and evaluated against the brief.
- Ingredients available: bread (white/wholemeal/wrap), butter/spread, cheese, tuna, egg mayonnaise, cucumber, tomato, lettuce, carrot, sweetcorn.

Step 1: Design your sandwich (before making)

Draw your sandwich from the side. Label each layer. Why did you choose each ingredient? Ingredients I will use: How it will be healthy:



Step 2: Make your sandwich (in class)

Write down what you actually made — did anything change from your design? What I changed and why:

Step 3: Evaluate your sandwich

1. Does it look appealing? What could improve how it looks?
2. Does it taste good? What could improve the flavour?
3. Is it healthy? Does it meet the brief?
4. Would a Year 1 pupil like it? Why / why not?
5. What would you change if you made it again?

