

Culinary Skills



Slicing



Cucumber Sammy

Servings: 1 per child



Ingredients:

- 1/2–1/3 cucumber, rinsed
- 1 slice cheese
- 1 slice deli ham or turkey

Supplies:

- Table knife
- Pizza cutter
- Cutting board

Directions:

Adults will:

- Rinse and cut cucumbers in half or thirds.

Children will:

1. Cut the cucumber into slices.
2. Slice the cheese and ham into similar-sized squares with pizza cutter.
3. Make cucumber sandwiches by layering meat and cheese between two cucumber slices.

Variation: Make sandwiches “open face” style by layering meat and cheese on a single cucumber.