



Blueprints for the Perfect Sandwich

Design a perfect sandwich that contains ingredients from all the MyPlate groups. Be specific about the type of bread, dairy, proteins, fruits, and vegetables you choose to put on your sandwich. Try hard to keep the portions in balance with MyPlate guidelines.

1. Sketch a diagram of your sandwich, layer by layer. Use callouts and highlights to show fine details. If you need more space, use the back of the sheet.

2. Provide a written step-by-step procedure to build your sandwich to perfection.
