

Chapter 38

Sandwiches and Pizza

Sandwiches on the Go!

Directions: Read the following selection. Then answer the questions under *Thinking Critically*, and complete the activities as directed by your teacher.

Both sandwiches and pizza are nutritious food combinations. Their versatility makes them excellent choices for meals or snacks at any time of day or night. With a little planning, sandwiches and pizza can be energizing foods. Packing them in your lunch gives you even more control over nutritional food choices each day.

Sandwich Selections

If a sandwich is your meal of choice, consider these tips:

- ◆ Vary the type of bread to help prevent monotony. Whole-grain breads, such as rye, whole wheat, pumpernickel, and multigrain, are most nutritious.
- ◆ Try a wrap using a whole-wheat or fat-free tortilla instead of bread. Fill the center with chopped lettuce, meat, vegetables, cheese, cooked rice, beans—whatever sounds good—and roll up the tortilla. Many flavored tortillas, such as spinach tortillas, are on the market and are made specifically for making wraps.
- ◆ Choose your condiments carefully. Ketchup and tartar sauce are high in sodium. Mustard is also high in sodium, although it may be a better choice than such high-fat spreads as regular mayonnaise. Try reduced-fat margarine, mayonnaise, or cream cheese. Add flavor and crunch with onion slices or pepper rings.
- ◆ Use lean roasted meats, poultry, or water-packed tuna. Cured and processed meats tend to be high in sodium. If possible, choose meat that has been sliced fresh in the supermarket deli rather than packaged slices.

- ◆ Replace the “empty” calories of potato chips and snack cakes with healthful sweet or crunchy side dishes, such as fresh or dried fruit, vegetable sticks, low-fat yogurt, or whole-grain crackers.
- ◆ Drink low-fat milk, water, or pure fruit juice. Make a homemade fruit shake by placing yogurt and fresh fruit, such as sliced bananas, strawberries, or peaches, in a blender and puréeing until smooth.

Don't Forget the Fork

Expand your lunchtime options to include these healthful choices as well:

- ◆ Make a meal of a hearty salad. Add different fruits or vegetables, either fresh or canned, to leafy greens. You may choose fruits and veggies such as apples, mandarin oranges, grapes, melons, carrots, celery, tomatoes, olives, and cucumbers, as well as crumbled or sliced hard-boiled eggs, cooked cold pasta, rice, and beans.
- ◆ If a freezer and microwave are available at lunchtime, buy or make frozen meals that are low in fat and sodium.
- ◆ Packets of low-sodium instant soups make convenient, satisfying meals or snacks when you're on the go.
- ◆ Dinner leftovers, from soup to pizza, can be just as delicious and filling for lunch, served hot or cold.

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Thinking Critically

1. What was your favorite sandwich(es) when you were a child? What made it special?

2. Suppose a friend says, “I never have time to eat lunch. Maybe I’ll skip it again today and eat a big dinner instead.” What suggestions could you make to your friend for making sandwiches ahead of time?

3. What influenced the popularity of fast-food restaurants, sub shops, deli shops, or “trendy” food businesses?

For Further Study

- ◆ Scavenger hunt: Raid the refrigerator for leftovers. Then create a sandwich that includes two protein fillings, fresh vegetables, and/or condiments. Describe the sandwich you created in a brief summary and submit it to your teacher.
- ◆ Make a pictograph poster called, “What Is a Sandwich?” Display it in the foods lab or school cafeteria.
- ◆ Create a leaflet showing open-face sandwiches for children. Remember to include your favorite sandwiches, and research or design your own cut-out shapes or faces for the sandwich ideas in your leaflet. With guidance from your teacher, make arrangements to share your leaflets with an elementary class.
- ◆ Compare several electric appliances that are designed to make grilling sandwiches or making pizzas easier. Design a rubric for scoring or comparing the appliances. The following is a list of appliances you may choose to use: sandwich maker, pizzelli maker, small indoor grill, Panini maker, or rotary oven to bake or reheat pizzas or sandwiches. What recommendations do you have for using small electric appliances to make sandwiches or pizzas? Prepare a PowerPoint® presentation about your findings and share it with the class.
- ◆ A pasty (PAS-tee) is a British short-crust pastry filled with a mixture of meat, diced potatoes, carrots, onions, and seasonings. Use Internet or print resources to investigate its origin. Then find a recipe version that you like, and prepare it at home or in the foods lab. Prepare a brief report evaluating its popularity as the “miner’s lunch” to share with the class.