

British Sandwich Week



It might only be two slices of bread with a filling, but the sandwich has a big role in the British kitchen. And you can celebrate all things 'sandwich' from 14th to 20th May.

Did you know that British consumers eat their way through 11.5 billion sandwiches each year? Although most are made and eaten at home, over 3.5 billion are sold in shops and the annual income from sandwiches is almost £8 billion! And more than 300,000 people are employed in the sandwich industry. Sandwiches are big business.

Why are they called sandwiches? Well, the name comes from the 18th-century English aristocrat Lord John Montagu, the 4th Earl of Sandwich (Sandwich is a small town on the south coast of Kent). He was a busy man who did not want to be bothered with the niceties of dining and preferred to eat something at his desk and therefore he asked his valet to bring him meat between two pieces of bread. As well as attending to matters of state (he was First Lord of the Admiralty), he was also a profligate gambler. So whether the sandwich allowed him to stay at the table in order to attend to ministerial dealings or in order to continue with his card playing, is a matter of conjecture. What is of importance is that the sandwich subsequently became a popular part of UK culinary culture.

The sandwich, often called a sarnie, can come in all shapes and sizes. But in order to qualify as a sandwich, the British Sandwich Association defines a sandwich as, 'Any form of bread with a filling, generally assembled cold to include traditional wedge sandwiches, as well as filled rolls, baguettes, pitta, bloomers, wraps, bagels and the like, but not burgers and other products assembled and consumed hot.'

And which are the most popular sandwich fillings bought in the UK? Chicken, followed by cheese, ham, egg, bacon and prawns. Not mentioned here, but surely one of the most iconic of all British sandwiches is cucumber sandwich for afternoon tea.

So why not celebrate the success of the sandwich? Even the Americans have got in on the act with a similar version: National Sandwich Day, which they celebrate in November with all sorts of bready delicacies.

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If you would like to find out more about British Sandwich Week, then click here: <http://www.britishsandwichweek.com/index.php>

And if you would like to use sandwiches as a topic in your lesson, then we have provided you with an activity in the following ...

Teacher's notes.

Tea party with cucumber sandwiches (Level A1 and above, 30+ mins)

This activity needs some planning!

- **In the lesson before the tea party:** Ask each student to bring in one of the essential ingredients: two sliced white loaves, two cucumbers, butter, sharp knives, butter knives, two chopping boards, plates, a tablecloth, paper plates, one or two flasks of tea, milk, sugar, paper cups. (You can also include dill if you wish, but this is not used so often in the UK on cucumber sandwiches!)
- **On the day:** Make a copy of the worksheet **Cucumber sandwiches**, one for each student.
- On the board write: *sandwich, cucumber, 11.5 billion* and ask students what these items have in common. (Cucumber is a popular sandwich for afternoon tea in the UK and British people eat 11.5 billion sandwiches every year - though chicken, not cucumber, is the most popular filling.)
- Tell students that it is *British Sandwich Week* from 14 to 20 May.
- On the board write: *to cover, to cut (off), to slice, to spread, crust, cucumber, triangle, thin* and explain what these words mean. Explain that cucumber sandwiches are usually made using white bread.
- Hand out the **Worksheet**, one to each student and explain that they should put the instructions for making cucumber sandwiches in the correct order. Circulate and help where necessary.
- Check answers together in class: Key: a6, b3, c2, d1, e5, f4
- Now: Start to make the sandwiches.
- Remember that eating cucumber sandwiches with afternoon tea is rather a formal occasion. Encourage students to be very polite!
- Enjoy!

Worksheet

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Cucumber sandwiches

Arrange the instructions in the correct order 1 to 6.

a	___	Put the sandwich triangles on a plate ready to eat.
b	___	Put the slices of cucumber on half of the slices of bread and cover with another slice of bread to make a sandwich.
c	___	Spread the butter on the bread.
d	<u>1</u>	Slice the cucumber into thin slices.
e	___	Cut the sandwich into a triangle.
f	___	Cut off the crusts.

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