

1 Look and read. Complete Tom's healthy sandwich plan.

My healthy sandwich
ingredients

mayonnaise



sweetcorn

ham

tomatoes

cheese



lettuce



No peppers! 😞

First, I've got some 1 lettuce in my

sandwich. Then, I've got some 2

and 3 and 4 .

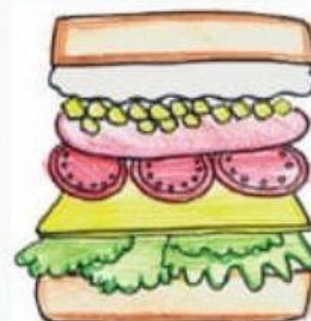
I haven't got any 5 in my

sandwich. I don't like peppers. Next,

I've got some 6

and last, I've got some

7 . Delicious!



2 Invent a healthy sandwich. Think Plan and write about your sandwich.

My healthy sandwich
ingredients

First, I've got some in my

sandwich. Then, I've got some

and and .

I haven't got any in my

sandwich. I don't like .

Next,

and last, . Delicious!