***For the sandwich we need:***

*Bread*

*Cheese*

*1 Fresh cucumber and 1 fresh tomato*

*Mayonnaise*

*Ham \ sausage*

*Cut 2 slices of bread.*

*Now wash cucumber and tomato, cut 2 slices of them.*

*Cut 2 slices of sausage and cheese.*

*Spread mayonnaise on bread.
Then put vegetables, ham\sausage and cheese on the bread.
Put the second toast on the top.*

*It is done.*

***For the salad we need****:*

*1 banana*

*1 apple*

*1 tangerine*

*3 nuts*

*Fruit yogurt*

*Wash, peel and cut banana.*

*Wash, peel tangerine, cut each segment on 4 parts*

*Take off nuts’ shells and cut them.*

*Then add yogurt and mix all fruits.*

*It is done.*