

## Task Analysis: Making a Sandwich

1. Clear a flat working area.
2. Place all supplies on a tray.
3. Place bread on center of plate.
4. Locate container and bring it closer to the plate.
5. Hold knife in dominant hand and secure butter dish/condiment jar with free hand.
6. Turn cutting edge of knife away from body and, while scooping under butter/condiment, rotate wrist to turn cutting edge toward the body. Lift the knife out of the container.
7. Use thumb and middle finger of other hand to secure bread in a stationary position.
8. Place butter/condiment on center of bread and spread in an organized pattern.
  - Spread from far-right hand corner working toward front right corner.
  - Spread from right to left and top to bottom or center to outside.
9. Monitor tactually if necessary.
10. When making peanut butter and jelly or lunchmeat sandwiches, the condiment sides are placed touching each other. When making a grilled sandwich, the butter is placed on the 2 slices of bread and faces away from the meat and cheese.