

Adventures in Food and Nutrition! © 2012
Chapter 14: When You're on the Go—History Activity

Sandwiches and Lunchboxes

People have been packing lunches to take to school and work for many years. Many of these lunches include sandwiches that are transported in lunchboxes. To learn more about the history of sandwiches, visit the website below.

<http://www.foodtimeline.org/foodsandwiches.html>

Activity Questions

1. According to food historians, who was credited with the invention of the sandwich? when? why?
2. Who introduced the sandwich to America in 1837? What was the name of her cookbook? What sandwich recipe did it contain?
3. Why did sandwiches become very popular in America in the 1900's?

Name _____ Date _____

4. Select three of the sandwiches at the website and write two interesting facts about each of them.

5. To learn more about lunchboxes, visit the website below. Which lunchbox is most interesting to you? Why did you select it?

<http://americanhistory.si.edu/lunchboxes/index.htm>