

Adventures in Food and Nutrition! © 2016

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. Use the Internet to find a food timeline and search for answers to the activity questions.

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?

4. Select three sandwiches that you found and write two interesting facts about each of them.

5. Search for lunch boxes from the 1960s and 1970s. Which lunchbox is most interesting to you? Why did you select it?