

Peanut Butter and Jelly Documentation

Ingredients:

Peanut Butter
Strawberry Jelly
White Italian Bread

Utensils

Plate
Butter Knife
Napkin

Ingredient Preparation

Bread:

1. Open your pantry, remove the Italian bread from the pantry, and place the bread on the kitchen counter
2. Locate the plastic opening for the Italian bread and remove the twist tie from the plastic
 - a. The twist tie is interwoven with itself; Remove it by twisting the tie in the opposite direction with your fingers
3. Once the twist tie is removed safely, separate the plastic opening with your hands and reach your hand into the bread bag.
4. Pick up the first bread slice, typically referenced as the bread butt, and remove it from the bag.
 - a. Store the bread butt in a separate container
5. Pick up two more bread slices from the bag, and place the bread slices on the plate next to each other, rather than on top of each other.



Peanut Butter:

1. Open your pantry, remove the peanut butter container from the pantry, and place the peanut butter container on the kitchen counter.
2. Place your hand on the top of the peanut butter container and grab hold of the peanut butter lid.
3. With your hand, twist the peanut butter lid counter clockwise to remove the lid from the container. Use your other hand to steady the container as you remove the lid.
4. Place the peanut lid on the kitchen counter and put down the container.



Jelly:

1. Open your pantry, remove the strawberry jelly container from the pantry, and place the jelly strawberry container on the kitchen counter.
2. Place your hand on the top of the strawberry jelly container and grab hold of jelly lid.
3. With your hand, twist the jelly lid counter clockwise to remove the lid from the container. Use your other hand to steady the container as you remove the lid.
4. Place the jelly lid on the kitchen counter and put down the container

Making the Peanut Butter and Jelly Sandwich

1. Pick up the butter knife by the handle and place the opposite end with ridges into the open peanut butter container.
 - a. Do NOT place the entire knife into the container. If the peanut is less than 1 inch from the handle, the knife is too deep in the container.
2. Move the butter knife in a small U motion to extract the peanut butter.
 - a. The motion should come from a simple twist of the wrist holding the knife
3. Remove the knife with the extracted peanut butter from the container by the handle.
4. Using the hand not holding the butter knife, lay your hand on bread slice to steady the plate and bread
5. Spread the extracted peanut butter onto the bread with the butter knife
 - a. Hold the knife in one position and wipe the peanut butter off the knife and onto the bread
 - i. Your wiping motions should be gentle
6. Once you are able to remove most of the peanut butter, pick up the butter knife by the handle again, and place the opposite end with the ridges into the open jelly container
7. Repeat Steps 2 – 5 using the second Italian slice of bread
8. Once you are satisfied with the spreading, pick up the bread slice with peanut butter by the sides to ensure the spread does not end up on your hand.
9. Place the peanut butter bread slice on top of the jelly bread slice with the peanut side touching the jelly side with your hands.



If all steps were followed correctly, the finished product should look like this:

