PBJ documentation

I.

Ingredients/materials:

1. Ingredients
2. A peanut butter jar of your choice that is at least one quarter full.
3. A jelly jar of your choice that is at least one quarter full.
4. Two slices of a sliced loaf of bread (white or wheat) your choice.
5. Materials
6. Paper towel.
7. Clean butter knife.

II.

Preparation/Set-up:

1. Preparation
2. Clean the surface of the table or counter where you will be preparing your sandwich.
3. You can clean the surface using a damp paper towel with water or surface cleaner solution.
4. After cleaning the surface of where you will prepare your sandwich be sure to dry the surface with a new dry sheet of paper towel.
5. Throw away the used paper towels you used to clean the surface of where you will prepare your sandwich.
6. Wash your hands in the sink with soap and water.
7. Dry your hands with paper towel.
8. Set-up
9. Grab all the ingredients and materials stated on step (I. A-B), and place them on a horizontal line in-front of you in the area that you cleaned during the preparation part (II. A).
10. Be sure to leave a large empty space (12in by 12in) on the surface where you will be preparing your sandwich.
11. On the empty clean (12in by 12in) surface cut and place two clean sheets of paper towel.

III.

PB and J sandwich preparation/cutting:

1. PB and J preparation:
2. Following from step (II. B. 4) grab your two slices of bread and place them horizontally next to each other.
3. Now grab the peanut butter jar and open it by turning it counter clockwise until the top comes off.
4. Grab your clean butter knife with one hand and with your other hand hold the opened peanut butter jar.
5. Insert the knife vertically down inside the opened peanut butter jar until you have the butter knife one inch deep inside the actual peanut butter inside the jar.
6. At this point move the butter knife with a hand motion as if you were drawing the letter “U” with the knife. Now slowly remove the knife outside the jar. If you did

this step correctly you should have a reasonable amount of peanut butter at the tip of your butter knife.

1. Let go of the peanut butter jar with your hand, now with your free hand grab one slice of bread and place it in the palm of your hand.
2. With your other hand, the one you are holding the butter knife with peanut butter, start spreading the peanut butter throughout the entire surface of the slice of bread that you are holding.
3. By slowly moving the butter knife with the peanut butter up and down throughout the entire surface of the slice of bread you will be able to evenly spread the peanut butter throughout the entire slice of bread.
4. Once you have spread the peanut butter evenly throughout the first slice of bread, place the slice of bread back to where you picked it up from next to the other slice of bread. Be sure that you place the side of the slice of bread with the peanut butter facing up.
5. Now grab the jelly jar and repeat the previous steps (III. A 2-9) with the other slice of bread and the jelly.
6. If you did this correctly you should have two slices of bread horizontally next to each other, one with peanut butter and the other one with jelly.
7. Carefully grab one of the slices of bread by the edges with your five fingers (it doesn’t matter which one you grab).
8. Lift up the slice of bread that you just grabbed and place the slice of bread on the palm of your other hand. Be sure that you are placing the side of the bread that does NOT have the peanut butter or jelly on the palm of your hand.
9. If you did this correctly you should have one slice of bread on the palm of your hand with the peanut butter or jelly side facing up and the empty side of the slice of bread resting on the palm of your hand.
10. Carefully close-in the finger of your hand that you are holding the slice of bread with until all your five fingers are touching the edges of the slice of bread. Be sure that the slice of bread is secure and not moving once you place all your five fingers on the edges of the slice of bread. Also, be careful not to bent or break the

slice of bread by closing your fingers too much or applying too much force on the slice of bread.

1. If you did the previous step correctly, you should have one slice of bread with the peanut butter or jelly facing up secure and unmovable on one hand.
2. Turn your hand that you are grabbing the slice of bread with clockwise if you are using you left hand and counter clockwise if you are using you right hand. Be sure to turn your hand in a full 180-degree angle until you are seeing the back of your hand and you are holding the slice of bread with the peanut butter or jelly side facing down.
3. Now carefully place with slice of bread you are holding on top of the other slice of bread sitting on the counter. Be sure that all the edges of the two slices of bread align with each other.
4. Cutting (optional):
5. At this point you should have a complete peanut butter and jelly sandwich ready to eat, but if you would like to cut it in half please follow steps (III.B.2-5).
6. Now that you have your prepared peanut butter and jelly sandwich in front of you, grab your butter knife and vertically place the tip of butter knife on the upper right-hand corner of your sandwich with the sharp side of the butter knife facing the sandwich.
7. Start cutting with your butter knife across the sandwich starting from the top right-hand corner of your sandwich and finishing on the bottom left-hand corner of your sandwich.
8. If you perform step (III.B.3) correctly you should have two equal slices of sandwich.
9. Eat peanut butter and jelly sandwich and enjoy!

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