

F-12. Presliced meat and/or cheese sandwich with vegetable(s) — one person

Essential task

The person is expected to (a) slice a bread roll, long baguette, or loaf of bread; (b) prepare a presliced meat and/or cheese sandwich with one or two presliced vegetables and one or two spreads; and (c) serve the sandwich on a plate or wrap the sandwich to eat later.

Specific criteria

1. The sandwich should be made with two pieces of bread.
2. The meat, cheese, and vegetable(s) should be presliced.
3. The bread should be a bread roll, long baguette, or full or partial loaf of bread and the bread should **not** be presliced.
4. The unsliced bread should be in a bread bag (paper or plastic) or wrapped in paper.
5. The presliced meat and/or cheese and presliced vegetable(s) should be fully enclosed in plastic (e.g., wrap, bag, or storage container) or coated paper (e.g., freezer wrap, waxed paper).
6. Cutting the sandwich in half is optional.
7. If a bread roll is used, it must be sliced horizontally by the person during the task observation so as to divide the bread roll into two halves, top and bottom. If a long baguette is used, it must be cut vertically to prepare a sandwich size portion; and then sliced horizontally so as to divide the sandwich size portion into two halves, top and bottom. If a loaf of bread is used, it must be sliced vertically to prepare two slices of bread.
8. The bread for the sandwich should **not** be toasted.
9. Preparation of an open-face sandwich is **not** acceptable.

Options

1. Appropriate breads include unsliced white, whole grain, rye, or other type of bread roll (e.g., Kaiser, French, small baguette, bagel), long baguette, or other type of loaf of bread (e.g., French loaf, sandwich loaf).
2. Appropriate meats and/or cheeses include any type of presliced meat (e.g., ham, salami, beef) and/or presliced cheese (e.g., cheddar, Swiss, provolone). Roast meat and/or block cheese can be used if it is sliced by the occupational therapist prior to initiating the task observation.
3. Appropriate vegetables include lettuce or sprouts, and/or presliced onion, tomato, avocado, or cucumber. Presliced pickles, stored in a jar in the refrigerator, are also an appropriate option.
4. Appropriate spreads include butter, margarine, mayonnaise, or mustard.
The use of olive oil or salad dressing instead of a spread is also an appropriate option.
5. The addition of salt and pepper to the sandwich is optional.
6. If the person intends to wrap the sandwich, the sandwich can be wrapped in plastic (e.g., wrap, bag), aluminum foil, or coated paper (e.g., freezer wrap, waxed paper). Enclosing the sandwich in a storage container with a lid is an acceptable alternative.

Restoration

The person is to return unneeded items in appropriate coverings to their original storage places, place dirty utensils in or beside the sink, wipe up any crumbs or spills, and discard any waste into a garbage container.

Prior to beginning person should

Be completely familiarized with the set up of the environment, including the location of all needed tools and materials and the operation of water taps. A variety of alternative choices should be included among the tools and materials stored.

Prior to beginning the occupational therapist should

1. Ascertain what type of bread, meat and/or cheese, vegetable(s), and spread(s) the person intends to use to prepare the sandwich.

2. Ascertain whether the person will serve the sandwich on a plate or wrap the sandwich to eat later.
3. Ensure that any new, unopened containers or factory-sealed plastic wrappings (e.g., bread bags, cheese packages, jars) have been opened and reclosed by the person or by the occupational therapist.
4. Ensure that the meat, cheese, and vegetables have been presliced and rewrapped if needed, either by the person or by the occupational therapist.
5. If the person plans to wrap the sandwich, ascertain what type of wrapping or storage container the person usually uses. **Note.** This information is gathered so that the occupational therapist can be sure that all preferred tools and materials are available to the person.

Special rules

1. Do **not** score the person on whether or not he or she cuts the sandwich in half.
2. Do **not** score down if the person uses a plate, wrapping, or storage container that is appropriate but different than the one the person may have indicated he or she would use.
3. Do **not** score the person on whether or not he or she adds salt or pepper to the sandwich.

Required tools and materials

- Presliced meat (e.g., ham, salami, beef)
- Presliced cheeses (e.g., cheddar, Swiss, provolone)
- Unsliced sandwich rolls, bagels, baguettes, and/or full or partial loaves of bread enclosed in bags or wrapped in paper
- Lettuce or sprouts, presliced vegetables (e.g., onion, lettuce, tomato, avocado, cucumber)
- Spreads (e.g., butter, margarine, mayonnaise, mustard)
- Wrap for sandwich (e.g., plastic wrap, plastic bags, aluminum foil, waxed paper)
- Kitchen
- Optional: presliced pickles, olive oil, salad dressing, salt, pepper, storage container for sandwich