

Narration: Hello Everyone! My name is Alys. Welcome to this video. Today I will be teaching you how to make a Peanut Butter and Jelly sandwich.

Text: How to Make a Peanut Butter and Jelly Sandwich

Narration: Peanut Butter and Jelly sandwiches are a quick, healthy, and filling food that are so easy to make.



Narration: First, here is a list of things you will need to make a peanut butter and jelly sandwich.

- 2 slices of bread
- Jar of peanut butter
- Jar of jam (any type)
- Butter Knife
- Plate

Visual: Pointing or Lifting each ingredient up



Narration: Our first step to making a peanut butter and jelly sandwich is having clean hands! We should always start the cooking processes with clean hands.

Text: Wash hands!

Narration: Washing your hands ensures your food stays germ free.



Narration: Our second step is gathering the ingredients.

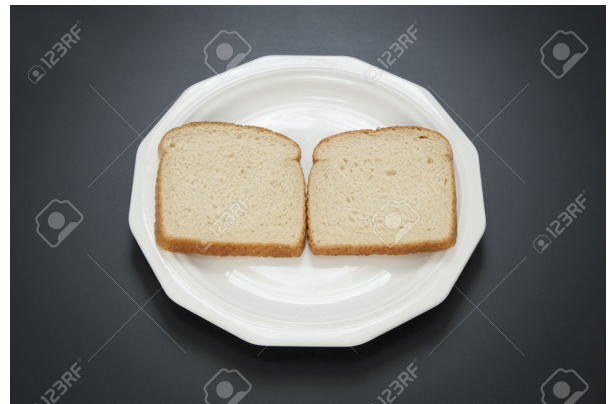
Narration: You'll need to grab 2 pieces of bread (any type will work whether it be white bread or whole wheat bread), peanut butter, and jelly and lay them on a clean cooking surface.



Narration: Now it is time to assemble.

Text: Assembly time!

Narration: We are going to start by grabbing our bread of choice and placing them side by side.



Narration: Next, grab your butter knife and dip it into the peanut butter. You'll want to get a good scoop of the peanut butter and place it on one side of the bread. Spread it around!

Text: Spread peanut butter evenly

Narration: If you are planning on using the same knife for peanut butter and jelly, make sure you wipe the peanut butter off before our next step.



Narration: Next, we will repeat this process but with the jelly. Grab the other side of bread, dip the clean knife in, and spread an even amount of jelly over the bread.

Text: Spread Jelly evenly



Narration: Now we need to place both sides together. Grab the slice of bread with peanut butter on it and place it over top of the jelly slice.

Text: Combine both slices



Narration: This next step is optional, but I recommended cutting your sandwich up into halves or quarters for easier eating. My favorite way is cutting it diagonally.

Visual: Butter knife cutting through bread at a diagonal cut.

Narration: Your sandwich is now ready to enjoy!



Narration: There you have it, your peanut butter and jelly sandwich is ready to be eaten. I hope you all enjoy your tasty treat.

Visual: Me taking a bite of sandwich and enjoying it.



