

# Study Guide

## Sandwiches & Pizza

**Directions:** Read chapter 38, and answer the following questions. Later, you can use this study guide to review.

1. Describe a basic sandwich.

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2. How do club sandwiches and open-face sandwiches differ from basic sandwiches?

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3. Give four suggestions for sandwich fillings.

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4. What is a “hero” sandwich?

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5. What are wraps? Name and describe three types of bread used to make wraps.

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7. Describe a barbecue sandwich.

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Chapter 38 Study Guide (continued)

8. What is the main difference between the way grilled and broiled sandwiches are made?

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9. Describe some ways to vary the classic grilled cheese sandwich.

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10. What is focaccia bread?

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11. Describe the appearance and method of preparing of tea sandwiches.

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12. Define pizza.

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13. What are some types of pizza?

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# Activity 1

## Sandwiches & Pizza

### Signature Sandwiches

**Directions:** The cartoon character Dagwood is famous for constructing enormous sandwiches with several layers. Review the types of sandwiches in the textbook, and create your own “signature sandwich.” Decide whether it will be hot or cold and what types of bread and fillings you would use—don’t forget the veggies. Name it after yourself. Draw or sketch your sandwich in the space provided, then describe it in the space below.

Name of Your Sandwich: \_\_\_\_\_

Description of Your Sandwich: \_\_\_\_\_

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**Activity 2****Sandwiches & Pizza**

## Crazy Calzones

**Directions:** Making calzones can be a quick and easy way to prepare a nutritious all-in-one meal. At home or with your lab group, create your own “crazy calzone.” Use the following instructions to prepare your calzone. Then evaluate the final product in the chart below.

1. Preheat the oven to 400°F.
2. Use one loaf of unbaked, frozen bread dough, thawed. Roll the dough into a 10- or 12-inch circle.
3. Choose four or five of the following fillings for your calzone or add your own ideas to the list. Use about  $\frac{1}{2}$  cup of each filling.  
Cheese (any variety); cooked, shredded beef or chicken, pepperoni, cooked sausage, cooked shrimp or fish; chopped veggies—broccoli, bell peppers (green, yellow, orange, or red), mushrooms, garlic, onions; green or ripe olives; tomato-based sauce or white sauce like béchamel; your favorite herbs, such as basil, oregano, or thyme.
4. Spread the filling over one half of the dough circle to within 1 inch of the edge.
5. Fold the other half of the dough over the filling and seal the edges together with your fingertips.
6. Place the calzone on a lightly greased baking sheet and brush the calzone with olive oil. Or, line the baking sheet with parchment paper and lightly apply nonstick cooking spray.
7. Bake about 30 minutes or until golden brown.
8. Cut into wedges and serve immediately.
9. Rate your calzone in the following chart using the following scale: 4 = Great; 3 = Good; 2 = Fair; 1 = Poor.

Calzone Characteristics	4	3	2	1
Crust is golden brown and lightly crisp.				
Crust remained tightly sealed during baking.				
Fillings are thoroughly baked.				
Filling flavors blend well.				