



Family Literacy Week
January 25 – February 1, 2026

Make mealtime family learning time

Older school-aged

Family Chefs: Let's make and share

Roll, cut and count: learning with pinwheels

Pinwheels are roll-up sandwiches that are quick and easy to make with children. You can choose your favourite fillings, sweet or savoury. Children can help spread, roll and slice, making it a hands-on snack or lunch that is perfect for home, school or sharing at a party.

When children slice the sandwiches into pieces, they are practicing estimation and planning skills so that each pinwheel piece is about the same size. This activity combines cooking with basic math in a fun and practical way.

What you need:

- one 10-inch tortilla, at room temperature
- ½ cup chopped ham
- ½ cup shredded cheese
- ½ cup shredded lettuce
- 2 tablespoons of spread like hummus or mayonnaise

What you do:

1. Place tortilla on a cutting board.
2. Spread on hummus or mayonnaise evenly.
3. Top with ham, shredded cheese and lettuce.
4. Starting on one side, roll the tortilla as tight as possible.
5. Store in the fridge for 1-2 hours.
6. Cut tortilla into ½-inch wheels and serve.

“Use your instincts, use your senses, and don't worry about being perfect.”

– Jamie Oliver



You can talk to your child and invite them to think of other healthy ingredients that they could use for making pinwheel sandwiches, for example:

- hummus and shredded carrots
- egg salad
- scrambled eggs and salsa
- thinly sliced apples with a light spread of cream cheese
- peanut butter and banana