

# Recipe for Integrity

This project allows students to conceptualize integrity using a “recipe” as a way to explain it. Students will make meat and cheese sandwiches and create an Integrity recipe card illustrating what each ingredient represents.

## Integrity Sub-Concept(s)

Kindness

## Project Timeframe

25-30 minutes

## Required Materials

- ☐ 1-2 loaves of bread (enough for every student to make a sandwich)
- ☐ 1 piece of meat per student
- ☐ 1 piece of cheese per student
- ☐ 1 packet mayo or mustard per student
- ☐ 1 roll of paper towels
- ☐ Optional- plastic knives
- ☐ Recipe Cards for students (template below)

Integrity can be a difficult concept to explain to students in this grade. However, they have often participated in some type of cooking or meal preparation by now, which makes a nice bridge to conceptualize this concept.

The class will create a “Recipe of Integrity” using the template on the next page. Pass out 2 pieces of bread, 1 piece of meat, 1 piece of cheese, and 1 packet of mayo or mustard.

## Project Details

Create a recipe for integrity as a class. Using bread, sun butter and jelly, walk through identifying each ingredient and what it represents. Explain that today we are going to make sandwiches. The main ingredient is BREAD.

- Have everyone write the word “bread” on their recipe card.

Our bread represents Integrity. **Remember, Integrity means doing what you know to be right and kind in every situation.**

- Have everyone write the word INTEGRITY next to the word bread.

But, we can’t have a sandwich without something on the inside! Let’s think about integrity. What do we need to really practice integrity? What other word always seems to come with it? (Honesty) Yes, Honesty and Integrity always go hand in hand!

- Have everyone add a slice of meat onto one piece of bread. Write the word meat on the recipe card with the word HONESTY next to it.

Honesty is definitely needed when we are practicing Integrity. Think about times when you make choices alone. When you follow through on those kind choices and make sure they are getting done, you are being what?

(Responsible) Yes! Responsibility and Honesty are both needed for Integrity!

- Have everyone add a slice of meat onto the other piece of bread. Write the word cheese on the recipe card with the word RESPONSIBILITY next to it.

The last ingredient in our Integrity recipe is something we should be doing each and every day. Think about how you treat yourself, others, and your space. We always want to treat ourselves, our friends and our space with what? (KINDNESS) Yes, Kindness is the last ingredient. Kindness should be everywhere. That’s why in this recipe it is mayonnaise (or mustard, your choice).

- Have everyone add their mayo or mustard onto both sides of the bread. Write the word mayo or mustard on the recipe card with the word KINDNESS next to it.

After all the sandwiches have been made, have students write directions on how to make their Integrity sandwich. If desired, do this as a class and write the sentences on the board of students to copy.

Make sure to eat your sandwiches at the end!



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<https://casel.org/guide/kindness-in-the-classroom/>

# A RECIPE FOR INTEGRITY

Serves \_\_\_\_\_

Prep Time \_\_\_\_\_

Total Time \_\_\_\_\_

## INGREDIENTS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## DIRECTIONS

_____
_____
_____
_____
_____



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