



IT'S PIZZA TIME!

TYPE OF ACTIVITY: Science

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will identify different fruits and vegetables that can be used as pizza toppings and name their food groups.
- › Children will predict how the ingredients on their pizzas will change during baking.
- › Children will describe the smell, color, and taste of each pizza topping.

MATERIALS:

- › Tomato/pizza sauce
- › 2 bell peppers (1 chopped)
- › Shredded mozzarella cheese (reduced fat, if possible)
- › 2 sweet onions (1 chopped)
- › 1 whole pineapple, 1 large can of pineapple chunks
- › 3-4 tomatoes (2-3 cut into small pieces)
- › Small whole wheat tortillas or English muffins for each child
- › Cookie sheet(s)
- › Bowls
- › Spoons
- › Paper plates

PROCEDURE:

1. Set-up: Set aside the whole fruits and vegetables for children to examine. Chop vegetables and put them in separate bowls. Drain the pineapple chunks and place in a bowl. Place one tortilla/English muffin on a plate for each child. Preheat the oven to 350 degrees. Place all ingredients on the table.
2. Have children wash their hands. Gather a small group of children at the table. Introduce the activity. Suggested language:
 - a. *Guess what we are going to make for our science activity today? Pizza! Let's look at our ingredients.*
3. Show the children the various whole fruit and vegetables, one at a time. Talk about the smell, color, and shape. Identify the food group of each. Suggested language:
 - a. *Have you ever seen this? It's an onion. What color is this onion? What does it smell like? What kind of food is an onion? That's right, it's a vegetable.*
 - b. *Did you know you can cut vegetables into small pieces? Has anyone ever had cut up tomatoes? What about cut up onions?*
 - c. *What's in this bowl? It's a cut up onion. We had to take the papery skin off and chop up the inside. What does it smell like?*

4. Give the children a tortilla or English muffin. Ask them if they have ever baked a pizza using something other than dough. Explain that you are using a whole wheat tortilla as the pizza dough.
5. Help children prepare their individual pizzas. Explain that they will start with the tomato sauce. Show the sauce, and explain that it is made of tomatoes. Encourage children to spread tomato sauce on their pizzas.
6. Show them the shredded cheese. Encourage the children to take turns adding cheese to their pizzas. Help them identify cheese as a dairy food.
7. Encourage children to choose fruits and vegetables to add to their pizzas.
8. Place pizzas on cookie sheets and bake them in the oven at 350 degrees until the cheese is melted. While the pizzas are baking, ask the children what they think their pizzas will look like when they come out of the oven. Talk about how the different ingredients might change when they bake.
9. Once the pizzas are finished baking, let them cool. Encourage the children to try them.

ADAPTATIONS/EXTENSIONS:

Family involvement: Encourage parents to help children prepare individual pizzas at home. Have parents and children share their pizza recipes with others in the class.

Art/Literacy: Have children draw pictures of their favorite pizzas. Encourage them to talk about what they like. Write their words down, or let them write them on their pictures.



Day 7: Review: Eat a Variety of Foods

For more activities, visit eathealthybeactive.net

IT'S PIZZA TIME, KIDS RECIPE

INGREDIENTS



TOMATO/PIZZA
SAUCE



ENGLISH
MUFFINS

OR



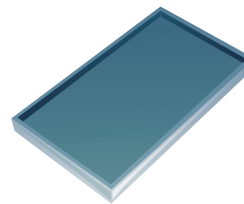
2 BELL
PEPPERS



TORTILLAS



SHREDDED
MOZZARELLA
CHEESE



COOKIE SHEET



2 ONIONS



BOWLS



1 PINEAPPLE,
CAN OF PINEAPPLE



SPOONS



3-4 TOMATOES



PAPER PLATES

Day 7: Review: Eat a Variety of Foods

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IT'S PIZZA TIME, KIDS RECIPE

INSTRUCTIONS



BOWLS OF
CHOPPED
FOOD



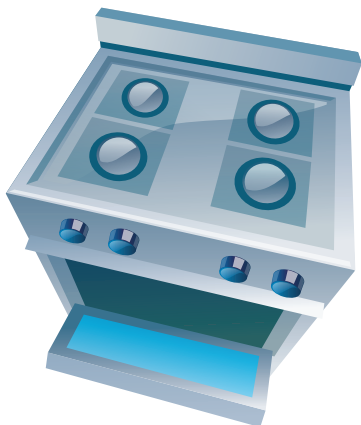
ADD SAUCE
TO TORTILLA
OR ENGLISH
MUFFIN



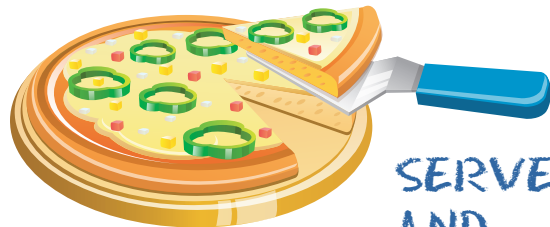
ADD
CHEESE



ADD
TOPPINGS



BAKE AT
350°



SERVE
AND
ENJOY!