

Pizza Party (2nd Grade)

Materials and Ingredients

- ✓ *Pete the Cat and the Perfect Pizza Party* by James & Kim Dean
- ✓ green bell pepper, olives, pineapple, tomato sauce
- ✓ grated cheese, whole wheat English muffins (1/2 per student)
- ✓ plates, serving containers, plastic spoons for serving
- ✓ cutting board, teacher knife, bowls, can opener
- ✓ activity sheets and MyPlate poster



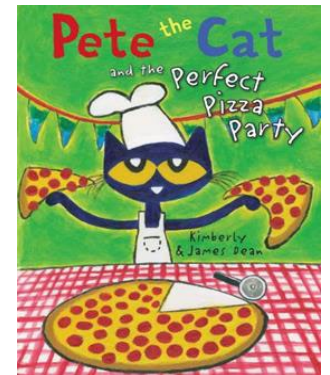
Food Preparation

- ✓ Wash and cut up green pepper into small pieces
- ✓ Divide English muffins carefully in half
- ✓ Put pizza ingredients in serving containers; students will prepare their own pizzas at 2 pizza creation stations



Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Let's talk about pizza! What toppings do you like on your pizza?
- ✓ Make a class graph.
- ✓ Discuss how different people like different tastes.
 - Discuss the phrase "*Don't yuck my yum.*"
- ✓ Discuss the importance of trying new foods and how it often takes a few tries to start to like something new.
- ✓ Read the book *Pete the Cat and the Perfect Pizza Party*.



Process

- ✓ Discuss eating healthy whole wheat bread with students; discuss pizza and healthy toppings that can go on a pizza
- ✓ Students use recipe to decide where each ingredient goes in MyPlate
- ✓ Have students complete activity sheet
- ✓ Students wash hands with soap and warm water
- ✓ Students make their own English muffin pizzas
- ✓ ***Eat colorful vegetables every day! Try something new today on your pizza!***



Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.



Let's Wake Up Our Brains! Brain Boost Exercise!

Whole Wheat is Great to Eat! (Rhyme)

- ♥ Whole wheat bread is great to eat.
- ♥ Jump up high and touch the sky.
- ♥ Whole wheat bread is great to eat.
- ♥ Crouch down low and touch your toe.
- ♥ Whole wheat bread is great to eat.
- ♥ Jog fast and see how long you can last.

Pizza Topping Favorites- Classroom Graph

20						
19						
18						
17						
16						
15						
14						
13						
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	pizza sauce	cheese	bell pepper	pepperoni	pineapple	olives

pizza sauce _____

1. Which topping got the most votes? _____

cheese _____

2. Which topping got the least votes? _____

bell pepper _____

3. Did you try something new today? Yes or No

pepperoni _____

4. If yes, what new food did you try today? _____

pineapple _____

5. Name one new fruit or vegetable you would like to try _____

olives _____

6. How can you eat more fruits and vegetables when you eat pizza?

Ingredientes favoritos de pizza-Gráfico del salón de clases

20						
19						
18						
17						
16						
15						
14						
13						
12						
11						
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	Salsa de pizza	Queso	Pimiento	Pepperoni	Piña	Aceitunas

salsa de pizza _____ 1. ¿Qué ingredientes obtuvo más votos? _____

queso _____ 2. ¿Qué ingredientes obtuvo la menor cantidad de votos? _____

pimiento _____ 3. ¿Probaste algo nuevo hoy? Si o No

pepperoni _____ 4. Si, si ¿qué comida nueva probaste hoy? _____

piña _____ 5. Nombre una nueva fruta o verdura que le gustaría probar: _____

aceitunas _____ 6. ¿Cómo puedes comer más frutas y verduras cuando comes pizza?

Family Letter: Pizza Party



Dear Families,

Today the class had a pizza party. Everyone made their own pizza. They used colorful fruits and veggies like olives, pineapple, and bell peppers as topping choices. Adding vegetables on top of pizza is a fun way to get the nutrients your body needs.



Scan the QR code to watch how to make the snack we made in class.

English Muffin Pizza

Makes About: 6 servings

Total Recipe Cost: \$6.00 - \$8.00

Ingredients

- 3 whole wheat English muffins
- 1/4 can pizza sauce (15 oz.)
- 1/4 green bell pepper
- 1 can sliced olives (4 oz.)
- 1/4 can pineapple tidbits (20 oz.)
- 1/2 cup low-fat mozzarella cheese

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*

Directions

1. Everyone washes their hands.
2. Wash green bell pepper and cut into small pieces.
3. Open can of pineapple and drain.
4. Slice English muffins in half for pizza crust.
5. Spread about 1 tablespoon of pizza sauce onto 1 half of a muffin.
6. Top with pineapple, green pepper, and olives.
7. Spread about 1 tablespoon of shredded mozzarella cheese on top.
8. With an adult helper, warm up your pizza in a microwave or eat it cold.
9. Eat and enjoy.



Eating as a family is linked to an increase in self-esteem and confidence in children. If possible, try to put away phones and use one of the questions below to start the conversation at mealtime.

- If you had one superpower, what would it be?
- If you could travel anywhere in the world, where would you go?
- What is one thing you are grateful for today?



Queridas Familias,

Hoy la clase tuvo una fiesta de pizza. Todos pudieron crear su propia pizza. Usaron frutas y verduras de diferentes colores como aceitunas, piña y pimientos como opciones para ponerle sobre la pizza. Agregar verduras encima de la pizza es una forma divertida de obtener los nutrientes que su cuerpo necesita.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Pizza de panecillo inglés

Rinde: 6 porciones

Costo Total: \$6.00 - \$8.00

Ingredientes

- Panecillos Ingleses (English Muffins) de grano entero cortados por la mitad
- 1/4 lata de salsa de pizza (15 oz.)
- 1/4 pimiento verde
- 1 lata de aceitunas picadas (4 oz.)
- 1/4 lata de piña en trocitos (20 oz.)
- 1/2 taza de queso mozzarella

**Cambie los ingredients que quiera según las alergias y/o lo que ya tengan en casa.*

Instrucciones

1. Lavarse bien las manos.
2. Lavar el pimiento verde y cortar en trocitos.
3. Abrir la lata de piña y escurrir.
4. Cortar los panecillos por la mitad para usar como masa de pizza.
5. Untar 1 cucharada de salsa de pizza sobre una mitad del panecillo.
6. Añadir la piña, el pimiento verde y aceitunas por encima.
7. Colocar encima una cucharada de queso mozzarella.
8. Con la ayuda de un adulto, caliente la pizza en el microondas o comer fría.
9. A comer y disfrutar.



Comer en familia está ligado a un aumento del autoestima y la confianza en los niños. Si es posible, intente guardar los teléfonos y utilice una de las siguientes preguntas para iniciar la conversación a la hora de comer.

- Si tuvieras un superpoder, ¿cuál sería?
- Si pudieras viajar a cualquier parte del mundo, ¿A dónde irías?
- ¿De qué estás agradecido hoy?