

Garden Pizza Day (Kinder)



NUTRITION OBJECTIVES CHECK LIST

Students will be able to:

- prepare** and **taste** a whole wheat, vegetable pizza snack.
- express ways** they can **eat colorful vegetables every day.**
- explain** the **health benefits** of eating vegetables on pizza.
- identify** that the different ingredients in the pizza recipe fit in the different food groups of MyPlate.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<p><u>In Kitchen Bin</u></p> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - 2 bowls - can opener <p><u>In Paper Goods Bin</u></p> <ul style="list-style-type: none"> - 10 plastic spoons for serving - small paper plates* 	<ul style="list-style-type: none"> - activity sheet copies* - recipe copies* - napkins* 	<ul style="list-style-type: none"> - book: "Pizza Day" by Melissa Iwai - 1 large green bell pepper - 16 oz. grated mozzarella cheese - whole wheat English muffins (1/2 per student) - pineapple tidbits (20 oz) - pizza sauce (15 oz) - sliced olives (4 oz) - 12 serving containers

*one per student

SET-UP

Copies:

- Make copies of recipe (each student) and activity sheet (each student).

Work area:

- Students will work individually at their desks.
- Have table ready to set up 2 pizza stations.
- Have nutrition table ready for lesson materials and ingredients.

Food-prep:

- Wash green bell pepper and cut into very small pieces.
- Open cans of olives, pizza sauce and pineapple chunks.
- Drain pineapple.
- Use a knife to gently divide the muffins in half, as they break easily.
- Divide muffins, pizza sauce, olives, pineapple, green bell pepper and grated mozzarella cheese each into 2 serving containers, for the two pizza stations.
- Put serving spoons in each container.
- Set up the 2 bars for making pizzas.
- Have small paper plates and napkins at each station.

Other prep:

- Have the book "Pizza Day" ready to read to the class.

INTRODUCTION WITH STUDENTS

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.

Now that our minds are ready to go, let's get started on our nutrition lesson

- Today we will learn about where vegetables come from and that it is important to **"Eat colorful fruits and vegetables every day"**.
- Have a discussion with students about where the fruits and vegetables they eat come from.
 - First, they are grown on farms and in gardens from seeds.
 - They need soil, water, sunshine, and care to grow.
 - As they grow, they make fruits and vegetables.
 - The plants (fruits and vegetables) grow over the summer months and are usually ready to pick in the fall.
 - We call picking fruits and vegetables "harvesting".
 - After harvesting the fruits and vegetables are put in trucks and taken to stores where people like you and me can buy them.

- Ask students how they get their fruits and vegetables.
 - From the store?
 - At the school cafeteria?
 - At a restaurant?
- Tell students today they are going to listen to a book about harvesting foods from a garden and making a pizza from those foods. Then we will make our own garden pizzas.
- Ask students what kind of pizza and pizza toppings they like. Ask them whether they have tried vegetables or fruits for their pizza toppings. Remind students that pizza sauce is made from tomatoes, which is a vegetable.
- Pass out and read the “English Muffin Pizza” recipe with students.
- Draw a blank MyPlate on the board. Ask for volunteers to come up and label each food group. Next have volunteers come up and write each of the ingredients from the pizza recipe in the correct food group section.
- Ask students to explain why they think the English muffin pizza is healthy.
 - ✓ The whole wheat English muffin belongs to the grains group and it provides us with the energy we need to think, work and play.
 - ✓ The mozzarella cheese fits in the dairy group and it provides us with calcium that is good for our teeth and bones.
 - ✓ The green bell pepper, olives and tomato sauce fit in the vegetable group and the pineapple fits in the fruit group. They provide vitamins, minerals, and fiber to keep us healthy and strong.
- Explain that adding vegetables and fruit to pizza will help us reach our goal of eating more fruits and vegetables every day. Have students think of ways they can eat more fruits and vegetables today. (i.e. lunchroom, snack, dinner.)
- Tell students that they will each make their own pizza at the pizza station.

PROCESS

- Step 1: Read “Pizza Day” to students. Discuss the story.
- ✓ What ingredients did the family use for their pizzas?
(Note: Write the ingredients on the board. This will help the students fill in the Venn diagram on their activity sheet.)
 - ✓ What foods came from their garden? What foods came from the store? (cheese, flour, etc.)
- Step 2: Demonstrate how to make a pizza. Discuss with students the amount of ingredients each student should take in order to have enough for everyone. Encourage students to choose a little of each topping.
- Step 3: Have students wash their hands with soap and warm water before making their pizza.
- Step 4: **Let’s Eat, Let’s Talk. While students are eating ask them what they learned by having discuss the questions below. Also remind them**

that adding vegetables to pizza helps them get the vegetables their bodies need! Ask and discuss the questions in Make Health Happen.

Step 5: If there is time use the example Venn diagram to do as a class activity.

Step 6: Remind students take their recipes home to share with their family.



Make Health Happen

What are some ways you can make sure to eat more colorful vegetables?

Do you eat whole wheat bread at home? Could you ask your family to buy some?

Did you try something new today?

REINFORCING STANDARDS

Comprehensive Health

- **GR.2-S.2-GLE.1** Identify eating and drinking behaviors that contribute to maintaining good health.

Physical Education

- **GR.2-S.1-GLE.1** Demonstrate the elements of movement in combination with a variety of locomotor skills.

Reading, Writing and Communicating

- **GR.2-S.1-GLE.1** Discussions contribute and expand on the ideas of self and others.
- **GR.2-S.1-GLE.2** New information can be learned and better dialogue created by listening actively.
- **GR.2-S.2-GLE.1** Fluent reading depends on specific skills and approaches to understanding strategies when reading literary text.
- **GR.2-S.2-GLE.2** Fluent reading depends on specific skills and approaches to understanding strategies when reading informational text.
- **GR.2-S.2-GLE.3** Decoding words with accuracy depends on knowledge of complex spelling patterns and morphology.

- **GR.2-S.3-GLE.1** Exploring the writing process helps to plan and draft a variety of literary genres.

BACKGROUND INFORMATION

- MyPlate recommends that we eat 3-6 servings of grains (half of which should be whole grains) each day to stay healthy. The wheat products, often consumed as breads, provide complex carbohydrates, fiber, and B vitamins. Whole wheat breads made with whole wheat flour are more nutritious than breads made with refined wheat flour. Whole wheat bread offers more fiber and nutrients.
- Pizza is very popular around the world and in the United States. Pizza can be healthy when topped with a variety of vegetables and fruits.
- Eating a variety of vegetables and fruits helps children stay healthy and grow strong.
- Each vegetable and each fruit is unique in what it has to offer nutritionally, thus variety is important. Adding vegetables and fruits to pizza is one way to increase consumption of this important food source.
- Students build up their confidence when they are given the opportunity to prepare food. They also acquire a better understanding of ingredients that go into food.
- Preparing food helps students to make healthy choices and gives them an opportunity to change behavior.

Dear Family,

Today I learned that whole wheat bread is better for my body than white bread. Our class also made and ate this delicious pizza snack that is made with whole wheat English muffins. This would be a great snack for me to eat when I come home from school!



Parent Tip: Kids learn to like new foods they see and taste more than once. Don't give up on offering new foods to your child; it may take a few tries to get them interested in tasting something new.

Scan this QR code to watch a video on how to make the healthy snack we made in class.

English Muffin Pizza



Makes: 6 servings

Total Cost: \$3.61

Serving Cost: \$0.60

Ingredients

- Whole wheat English muffins cut in half
- 1/4 can pizza sauce (15 oz.)
- 1/4 green bell pepper
- sliced olives (4 oz.)
- 1/4 can pineapple tidbits (20 oz.)
- 1/2 cup mozzarella cheese

Directions

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

Nutrition Facts	
Serving Size 1 Pizza (94g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 6g	
Vitamin A 8%	Vitamin C 25%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Whole wheat is great to eat! Try it in the lunchroom!

Querida Familia,

Hoy aprendí que el pan de grano entero es mejor para mi cuerpo que el pan blanco. Nuestra clase también hizo y comió este delicioso bocado de pizza que se hace con panecillos ingleses integrales. ¡Esto sería un buen bocado para mí cuando llego a casa de la escuela!



Consejo para padres: Los niños aprenden a que les guste alimentos nuevos cuando los ven y prueban más de una vez. No se dé por vencido en ofrecerle nuevos alimentos a su hijo; puede tomar varios intentos para conseguir que se interese en probar algo nuevo.

Escanee este código QR para ver un video sobre cómo preparar el refrigerio saludable que preparamos en clase.

Pizza de panecillo inglés



Rinde: 6 porciones

Costo Total: \$3.61

Costo por Porción: \$0.60

Ingredientes

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

Instrucciones

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

Nutrition Facts

Serving Size 1 Pizza (94g)		Servings Per Container 6	
Amount Per Serving			
Calories 110		Calories from Fat 15	
% Daily Value*			
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	19g		6%
Dietary Fiber	3g		12%
Sugars	6g		
Protein 6g			
Vitamin A	8%	Vitamin C	25%
Calcium	15%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

¡El pan integral es genial para comer! ¡Pruébalo en la cafetería!

English Muffin Pizza

Name: _____ Date: _____

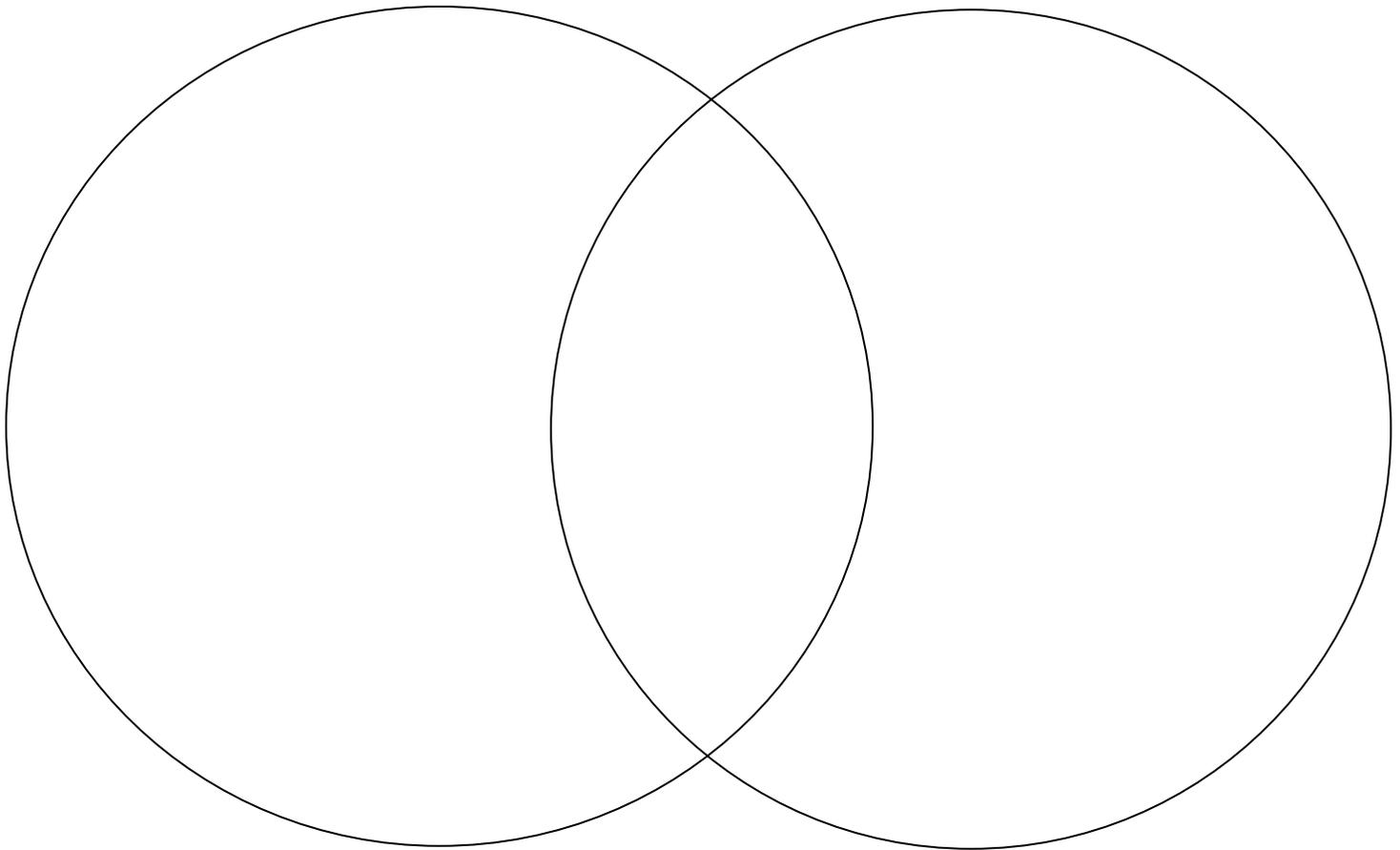
Compare the pizza you made and the pizza that the family from the book made.
Fill in the Venn diagram with the following ingredients:

English muffin
tomato sauce
olives
basil
mushrooms

pizza dough
cheese
pineapple
green bell pepper

English Muffin Pizza

The pizza made by the family in the book



Pizza con panecillos

Nombre: _____ Fecha: _____

Compara la pizza que hiciste y la pizza que hizo la familia del libro. Completa el diagrama de Venn con los siguientes ingredientes:

Panecillo Inglés
Salsa de tomate
Aceitunas
Albahaca
Hongos

masa para pizza
queso
piña
pimiento verde

Pizza de panecillo inglés

La pizza que hizo la familia en el libro.

