

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
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - cutting board (teacher only) - chef knife (teacher only) - 2 bowls - can opener 	<ul style="list-style-type: none"> - activity sheet 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 - Family Letter copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - 10 plastic spoons for serving - small paper plates* 		

*one per student

Reinforcing Colorado Comprehensive Health Standards

Kindergarten, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating. 3. Apply knowledge and skills related to health promotion, disease prevention and social well-being.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies 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!

Veggies are Great to Eat! (Rhyme)

(Repeat over and over going faster and faster to get your heart rates up)

- ♥ Fruits & veggies are great to eat.
- ♥ Jump up high and touch the sky.
- ♥ Colorful and tasty.
- ♥ Crouch down low and touch your toe.
- ♥ Chock-full of vitamins and minerals.
- ♥ 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.
- Go over 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.)

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.)

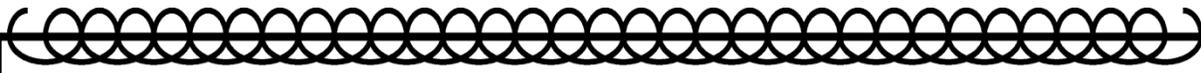
Step 2: Demonstrate how to make a pizza. Discuss with students the amount of ingredients each student should take in order to have enough for everyone. Encourage students to choose a little of each topping.

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 fruits and vegetables?

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

Did you try something new today?

BACKGROUND INFORMATION

- Pizza is one of the most popular foods in the United States. The English muffin pizza is a nutritious snack because it includes foods from most of the food groups of the MyPlate (whole grains, vegetable, dairy, and fruit).
- Putting vegetables and fruit on pizza is a great way for us to get the fruits and vegetables our bodies need.
- Each type of vegetable and fruit is unique in what it has to offer nutritionally. By eating a variety of vegetables and fruits, students get the nutrients they need to grow strong.
- Students build up their confidence and self-esteem when they are given the opportunity to prepare food. Plus, students can practice their math and reading comprehension skills by following and understanding a recipe. Students who are given the chance to prepare foods have a greater interest in food and cooking and are more likely to eat their meals.

English Muffin Pizza

Name: _____ Date: _____

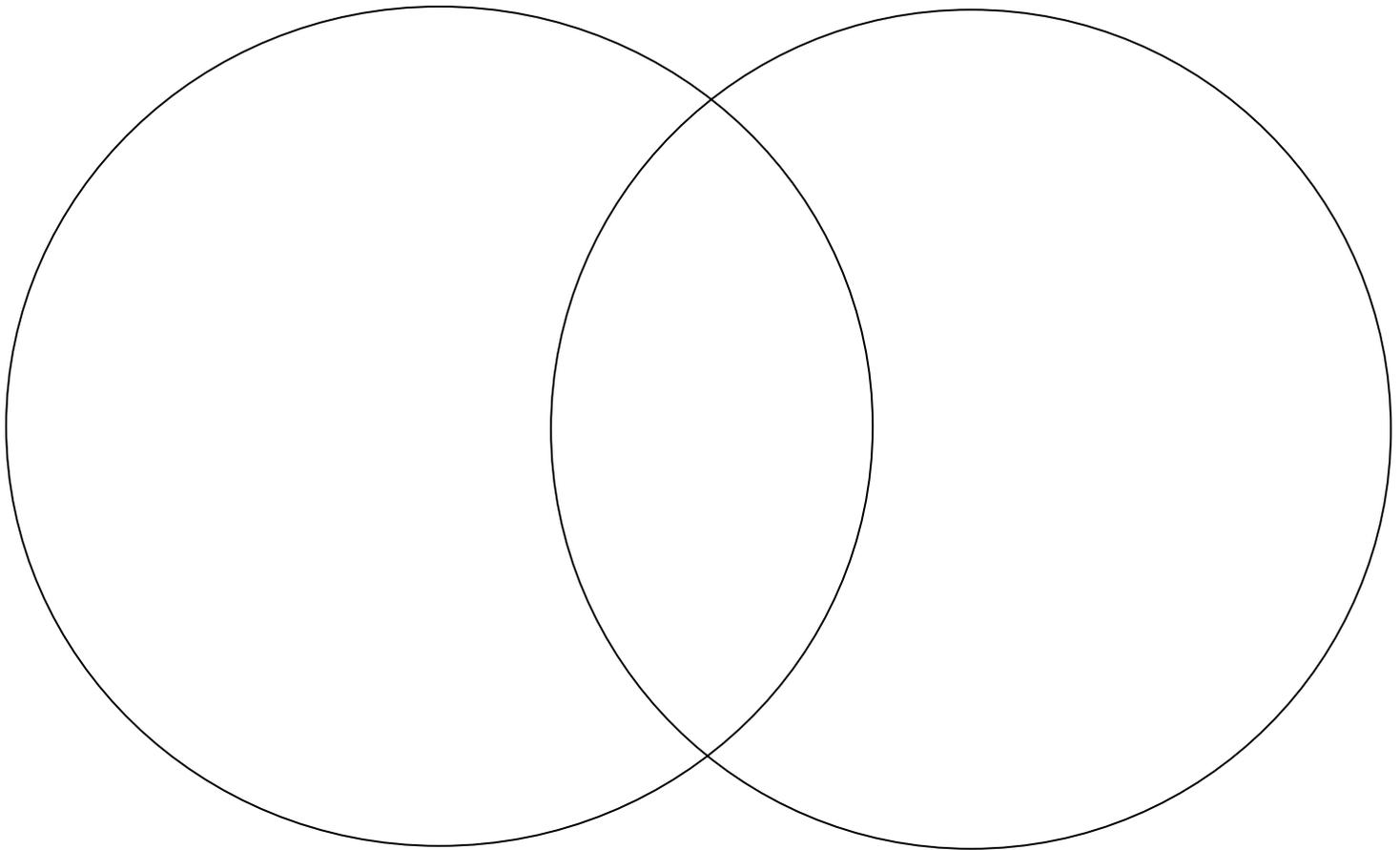
Compare the pizza you made and the pizza that the family from the book made.
Fill in the Venn diagram with the following ingredients:

English muffin
tomato sauce
olives
basil
mushrooms

pizza dough
cheese
pineapple
green bell pepper
cold, hot

English Muffin Pizza

The pizza made by the family in the book



Pizza con panecillos

Nombre: _____ Fecha: _____

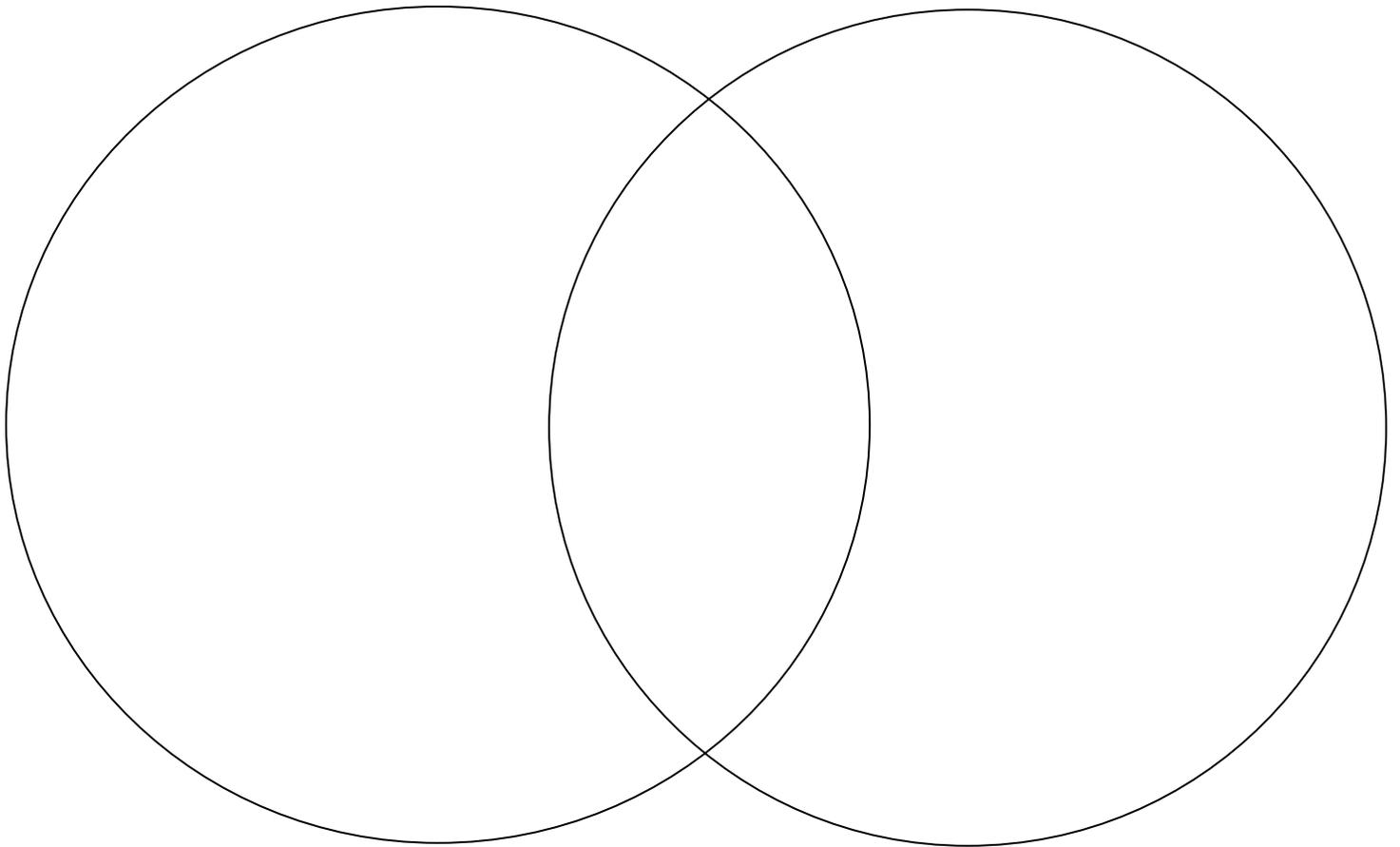
Compara la pizza que hiciste y la pizza que hizo la familia del libro. Completa el diagrama de Venn con los siguientes ingredientes:

Panecillo Inglés
Salsa de tomate
Aceitunas
Albahaca
Hongos

masa para pizza
queso
piña
pimiento verde
fría, caliente

Pizza de panecillo inglés

La pizza que hizo la familia en el libro.



Family Letter: Garden Pizza



Dear Families,

Today your student explored where fruits and vegetables come from. They learned that it is important to try to eat a variety of foods from all five food groups of MyPlate.

The English muffin pizza they made in class included foods from many MyPlate food groups (fruits, vegetables, grains, and dairy). This is a nutritious snack that students can put together on their own.

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.



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



Fun Fact: Students are more likely to eat what is on their plate if they are involved in preparing it. Washing, mixing, and cutting fruits and vegetables with a plastic knife are great tasks for students. If possible, have your student help with dinner tonight and see how much fun it can be for all.

Carta Familiar:

Pizza del jardín



Queridas familias,

Hoy su estudiante exploró de dónde vienen las frutas y verduras.

Aprendieron que es importante intentar comer una variedad de alimentos de los cinco grupos de alimentos de MiPlato.

La pizza de panecillos ingleses que prepararon en clase incluyó alimentos de muchos grupos de alimentos de MiPlato (frutas, verduras, granos y lácteos). Esta es una merienda nutritiva que los estudiantes pueden preparar solos.



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.



Dato curioso: Es más probable que los estudiantes coman lo que hay en su plato si participan en su preparación. Lavar, mezclar y cortar frutas y verduras con un cuchillo de plástico son tareas excelentes para los estudiantes. Si es posible, haga que su estudiante ayude con la cena esta noche y vea lo divertido que puede ser para todos.