

Garden Pizza (Kinder)

Materials and Ingredients

- ✓ *Pizza Day* by Melissa Iwai
- ✓ 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



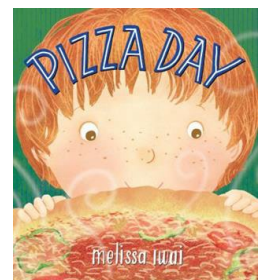
Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ 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
- ✓ ***Eat colorful vegetables every day! Try them on your pizza!***



Process

- ✓ Read the book *Garden Pizza*, write the different ingredients in the book on the board
- ✓ Have students complete activity sheet
- ✓ Students wash hands with soap and warm water
- ✓ Students make their own English muffin pizzas
- ✓ ***Whole wheat is great to eat!***



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.

English Muffin Pizza

Name: _____ Date: _____

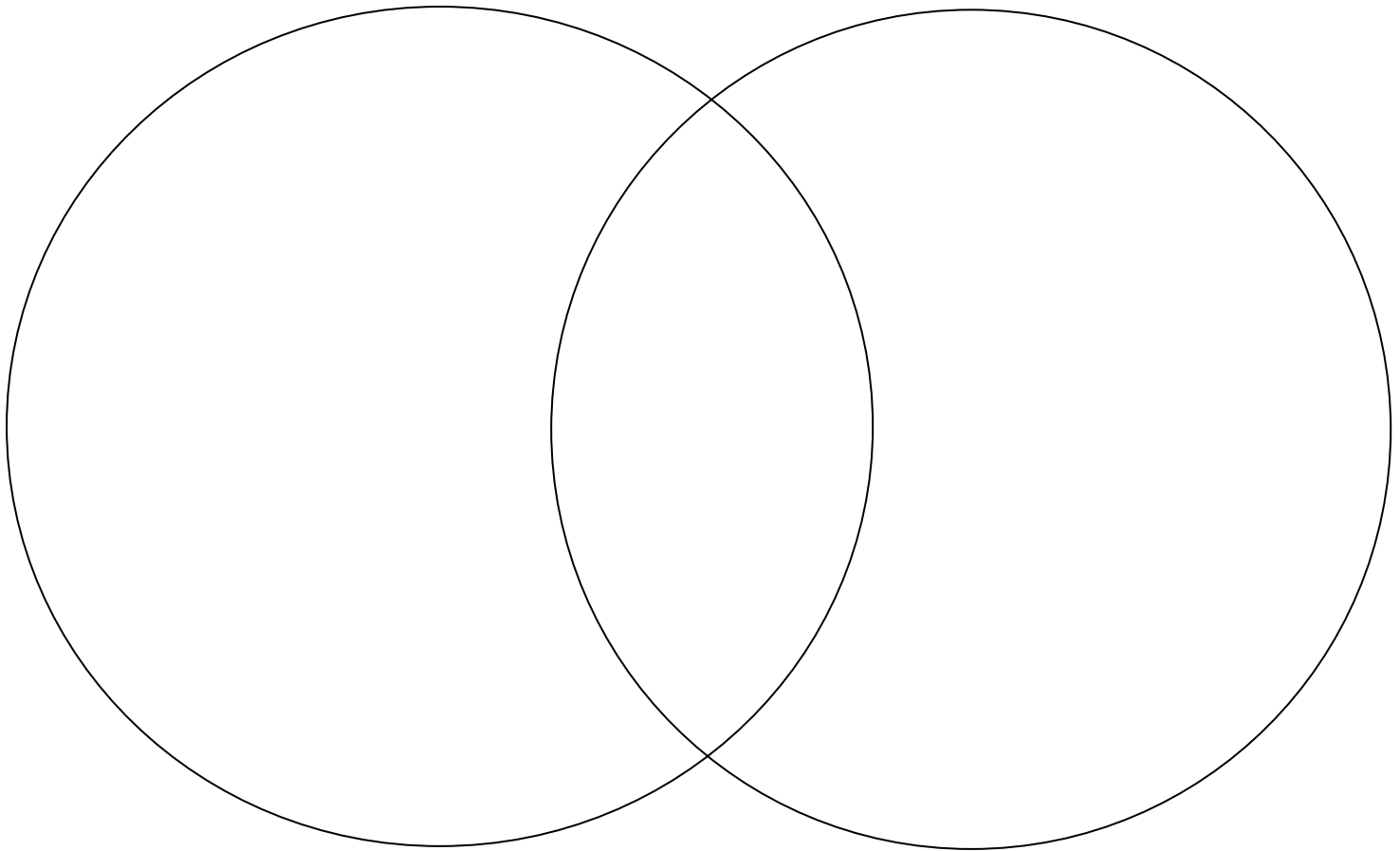
Compare the pizza you made and the pizza that the family from the book made.
Fill in the Venn diagram with the following ingredients:

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: _____

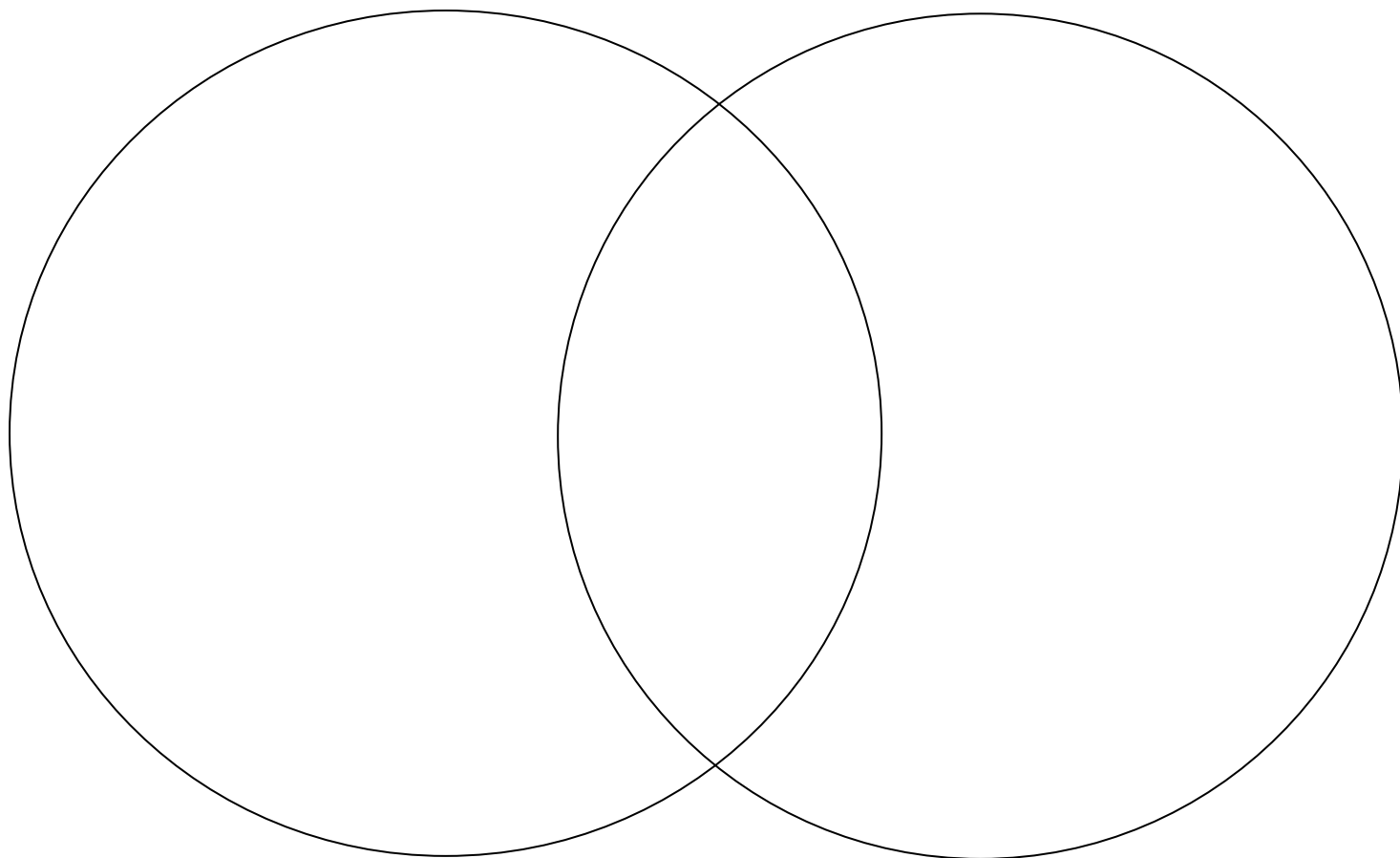
Compara la pizza que hiciste y la pizza que hizo la familia del libro. Completa el diagrama de Venn con los siguientes ingredientes:

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.