

Session 6

Picturesque pizza

Session overview:

The aim of this session is to help children understand what pizza is made from and that it is a dish that originates from Italy. The main activity, 'Have a go', involves the children learning how to make pizzas and develop their spreading, grating and assembling skills.



Healthy eating messages	Cooking focus
Vegetables help us to stay healthy. Add vegetables to meals.	Spread. Cut with scissors. Tear. Grate. Present food attractively.

Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Picturesque pizza recipe. You may wish to bring in some pizza packaging or pictures to aid discussion.

Question the children:

- What is pizza?
- What do you think it is made from?
- Do you know which country it comes from?

Explain that a pizza is made from a bread base which is covered with a sauce made from tomatoes. Then different vegetables, and perhaps meat, are added and finally it is sprinkled with cheese and cooked. Explain that originally pizza came from Italy, but now it is made by people all over the world. Look at where the UK and Italy are on a world map. Ask if any of the children have ever been on holiday to Italy. Did they eat pizza? Show the children an Italian flag and talk about the colours on the flag. Talk about where we can get pizza, e.g. supermarket, take away, restaurants, made at home.

Explain that they will be making their own pizza. They will use a bread base that is already cooked and then add some sauce and different toppings. Ask the children to check that you are ready to cook, e.g. hands washed, apron on. Preheat the grill. Let the children see you slice the English muffins in half. Show them how to spread a thin layer of sauce evenly over each half. Demonstrate how to prepare the pepper, spring onions and basil (see the recipe for details). Talk about other vegetables that can be added to pizza, e.g. mushrooms. Remind the children that eating vegetables helps us to stay healthy. A great way to eat vegetables is to add them to dishes like pizza. Ask the children if they can remember the special word for when food looks nice (attractive). Explain that we can make the pizza look 'attractive' by

using different colour vegetables and arranging them carefully. Discuss the ingredients with the children, e.g. How much of each to add and how they should be arranged. Show them how to grate the cheese. Use a stand up grater, rest it on the chopping board and hold it by its handle. Rub the food up and down, ensuring that fingers and knuckles do not touch the blade. To avoid grating fingers, stop just short of the end of the cheese. Sprinkle the cheese over the topping. Explain that their pizzas will then be grilled.

Have a go

Organise the children into groups of 4. Each group can take turns to work with an adult to make pizza. When the pizzas have been assembled, allow the children to watch an adult grill them. Explain that only adults can use grills because they are hot. Ensure you demonstrate safe practice, e.g. use oven gloves when placing and removing the grill pan. Remember to ensure the children have followed all the steps to make sure they are ready to cook, e.g. apron on, hands washed.

Consolidate

Cut out and laminate the 'Pizza arrows board game'. You will need 4 counters and a die. Each child will need to choose a different coloured counter. They should take it in turns to roll the die and move the number of spaces shown. If they land on a green square showing a pizza slice they can move up the arrow. If they land on a red square they have to move down the arrow. The winner is the first to get to the complete pizza at the end. When the children land on a space showing a pizza topping, ask them to name the food they have landed on.

At home

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says.

Pre 3

- Provide the children with props and encourage cooking roll play.
- Allow the children to assemble their own pizza, using ingredients that have already been prepared, e.g. pepper slices, grated cheese.

Picturesque pizza



Ingredients

- 2 x English muffins
- 4 x 15ml spoons of a tomato based sauce
- 1 x orange pepper, halved and deseeded
- 2 x spring onions
- 1 handful of basil leaves
- 2 x 15ml spoons sweetcorn (canned)
- 2 x match boxed sized pieces of Cheddar cheese

Equipment

Bread knife – **for adult use only**, chopping board, 15ml spoon, table knife, kitchen scissors, grater, grill pan, oven gloves, 4 x serving plates.

Method

1. Cut the two muffins in half and rest them on the chopping board. These will be the pizza bases.
2. Add a 15ml spoon of sauce to each pizza base. Spread it evenly over the base with the table knife.
3. Use the scissors to cut the pepper into strips. Cut each strip into small pieces and arrange it over the 4 pizza bases.
4. Snip the spring onions into small pieces and add to the bases.
5. Tear the basil leaves and arrange pieces on the top.
6. Add some sweetcorn to each.
7. Grate and sprinkle the cheese on top.
8. Preheat the grill.
9. Place the pizzas on the grill pan. **Adult** - Use oven gloves to place the pan under the grill.
10. Cook for a few minutes until the cheese bubbles and browns.
11. **Adult** - Remove from the heat using the oven gloves and serve.

Handy hints

- Try different vegetable toppings such as sliced mushrooms, chopped cherry tomatoes, sliced courgettes, canned tuna or cooked ham.
- Try different bread such, as slices of baguette, pitta or crumpets.
- Serve with a colorful salad.

Serves 4

Pizza arrows board game

30  FINISH	29	28	27	26 
21 	22	23	24 	25
20 	19	18	17	16 
11	12	13 	14	15
10 	9	8	7 	6
1  START	2	3 	4	5 

At home

Dear parent/carer

We have been learning about pizza. We made our own pizza with different toppings. We learnt that pizza originally came from Italy.



Talk with your child about where one of the meals you eat at home comes from. Perhaps it will be one of these meals:

- **Curry from India**
- **Stir fried vegetables from China**
- **A cottage pie from England**

Help your child find out the flag of the country and draw it below.

My flag is from _____

