

# Veggie Pizza Lesson

\*Note: This lesson may take longer than 30 minutes, so allow at least 45 minutes- 1 hour to make the pizzas. Also works best when timed with lunch!

## Objectives:

To introduce kids to healthy eating habits through foods they already know and love, to engage kids in the joy of cooking, and to make a fun, healthy lunch!

## Materials:

For the pizza:

- Whole wheat pizza dough, bought or pre-made
- Veggies, pre-sliced and separated into multiple bowls (peppers, spinach, mushrooms, onions, tomatoes, basil, etc.)
- Shredded mozzarella
- Pizza sauce
- Baking sheets
- Plates
- Napkins
- Oven (preheated to 450 Fahrenheit)
- Water (to wash down the pizza!)

For the recipe:

- Recipe handout
- Colored markers or crayons

## Introduction:

Start a class discussion about healthy food. Why do we try to eat healthy things? To feel good? To live longer? To avoid sickness? What foods do we think of as healthy? Unhealthy?

## Activities:

Make the pizza!

1. Distribute dough portions to students, and explain how to make dough into a small circle (get creative with this: kids can roll dough, stretch it, and make different shapes if they like).
2. Have students spoon tomato sauce onto their pizzas (might work best if instructor does so and allows kids to spread it around with a spoon, to avoid a mess).
3. Pass out bowls of toppings and allow kids to pick their own. Encourage the use of lots of vegetables—perhaps award a prize to the student with the most variety (as long as they eat their vegetables!).
4. Cook pizzas on baking sheets in the preheated oven, approximately 15 minutes or until cheese has melted and dough has cooked through. Cool 5-10 minutes before eating.

5. While pizzas bake, distribute recipe pages for coloring.

**Wrap-Up:**

Lunchtime! Each student gets to eat his/her pizza. During lunch, talk about the pizza they're eating.

What makes this pizza healthier than other pizzas? Talk about cooking. Was it fun? What other things would they like to learn how to make? Do they cook at home with their families? Do they know any other recipes?

(Kid-friendly pizza recipe found at [allrecipes.com](http://allrecipes.com))