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Food for America - Demonstration Plan

Unit: Nutrition

Demonstration: Make a Pizza (20-30 minutes plus cook time)

Objective(s):

1. Students will be able to identify each of the food groups.
2. Students will create a pizza using food from each of the food groups

Materials, Supplies, Equipment, References, and Other Resources:

- Pizza dough (pre-made, frozen, or English muffins)
- Pizza sauce
- Grated cheese
- Chopped vegetables (mushrooms, bell pepper, onions, tomatoes, etc.)
- Cooked meat (sausage, pepperoni)
- Fruit (pineapple)
- Oven (school oven or mini toaster ovens)
- 5 copies of food pyramid
- Paper plates
- Spoons/serving utensils for sauce and ingredients

****NOTES** – Check with the teacher before doing this lesson for food allergies or special needs, as well as access to ovens. You can substitute a microwave oven if one is available. Specific information on the food groups will be covered in a lesson provided to the teacher for later. For set up, have all ingredients bagged separately, pre-cut, washed and meat cooked. If the room allows, set up stations for each area. For example, the crust would be at the first station. Take one copy of the food pyramid and highlight the “bread” section. Use this as a sign for your station. Do the same for each of the other stations.

Introduction:

Connection to students – What do we need to survive? What are our most basic needs? (food, shelter, clothing) Would you believe that agriculture provides all three? And my favorite just happens to be food. Who can tell me what we use as a guide for the food we should eat each day? (food pyramid) Who has seen the food pyramid? We are sure lucky to live in America, where we have tons of choices of the food we can eat each day. But in order to grow up strong and be healthy, we have to pick the right ones. The food pyramid helps us do this.

Motivation – I hope you’re hungry, because today we are going to experience the food pyramid and make our own personal pizzas!

Overview – There are 5 main areas of the food pyramid that we should try to eat each day, and a pizza can include all 5. Today we will take a look at each area and pile on the pieces to our food pyramid pizza.



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Steps and Procedures for Performing the Skill/Task:

STEPS (What to Do)	Procedures (How to Perform the Step)
Food Pyramid Overview	Who has seen the food pyramid before? What is this bottom group? (breads) What part of the pizza fits in this group? (crust) (Continue through each section briefly, and point to what you have that fits in the area.)
Directions	
1. Plate	Grab a plate and write your name on it
2. Crust	Select a crust to use
3. Sauce	Move to the vegetable station and lather some sauce on your pizza
4. Toppings	Go to each station and choose the toppings you want for your pizza
5. Cook	(Provide specific directions based on accommodations)

Plans for Learners/Participants to Practice the Skill/Task:

- Walk through food pyramid overview
- Help students as they build their own personal pizzas
- Bake and enjoy

****Adaptations for Upper Elementary**

- Provide a broad variety of foods to choose from

Check out the Dairy Council of California's pizza website for specific information about each part of the pizza that could be used as trivia or for discussion with older students. www.dairycouncilofca.org/activities/pizza_make.htm

For more ideas, check out these other resources: www.mypyramid.gov, www.educationworld.com, www.nutritionexplorations.org

Summary of Key Points:

- Have students clean up area
- Enjoy pizzas (conclusion can be done while pizzas are cooking if time is limited)

Conclusion – What do we use as a guide for the foods we should eat each day? (food pyramid) What forms the base? (breads) What are the other areas? (fruits, vegetables, dairy products, meats, fats and oils) Later we'll take a closer look at each of these areas. However, understanding them now will help you make good choices so that you can grow strong and healthy.