

# Pizza starts on the FARM!

## Tomato Sauce – A Vegetable

Tomato seeds require 75 to 85 days to develop into mature plants with ripe fruits. When the tomatoes are ripe enough to ship, they are carefully packed in boxes. The boxes are then loaded into semi-trailers for transporting to grocery stores. Some tomatoes are sent to a cannery where they are processed.

## Pepperoni & Sausage – Pork Products

The meat from pigs is called pork. Pigs go to market in only five to six months at the weight of 109 to 118 kilograms. Pigs may be sold at an auction market or may be bought directly by an order buyer who buys for a packer. Pigs provide us with more than pork. They provide insulin to treat human diabetes, and the skin from hogs is used to treat victims of severe burns. Other by-products are glue, glass, rubber, plastics, and heart valves.

Let's talk about PIZZA! The parts of a pizza come from many different raw agricultural products. From the word bank, choose the agricultural product that matches the pizza ingredient. Write it in the column on the left. On the right column, list another food that is made from that same raw product!

Raw Agricultural Product	Another Food
Crust: _____	_____
Sauce: _____	_____
Cheese: _____	_____
Pepperoni: _____	_____
Peppers: _____	_____
Hamburger: _____	_____

**Raw Product Word Bank:** Beef Milk Tomato Wheat Peppers Pork

## Wheat - A Grain

Pizza crust is made from wheat. When wheat is ready to harvest, the farmer harvests the wheat, loads it onto trucks, and takes it to the grain elevator. The elevator then ships the wheat by truck, rail, or boat to a terminal. At the terminal, the wheat is sold to different industries that make food and feed, or it is shipped overseas. The mill grinds the wheat kernels into pieces and sifts the pieces to get the bran and germ (parts of the wheat kernels) out. This is repeated many times to make the substance we know as flour. The miller then adds B-vitamins and iron for nutrients. The flour is shipped in bags to the bakery or grocery store.



# PIZZA 101

1. What is your favourite kind of pizza?

2. What crust do you prefer on your pizza?

3. How often do you eat pizza?

4. How many slices do you normally eat?

5. Do you think pizza is healthy?

If yes, what makes pizza healthy?

If no, what makes pizza unhealthy?

6. Define the term nutrient.

7. What nutrients do you think are in pizza?

8. Write the pizza ingredients under the following categories from Canada's Food Guide:  
**(pizza crust, tofu, tomato sauce, mozzarella cheese, mushrooms, pineapple, pepperoni)**

**Fruits and Vegetables:**

**Grain Products:**

**Protein Foods:**





# Junk Food Jungle Discussion Guide

## The Crust

- ☞ Consists of yeast, oil, salt, water, and flour.
- ☞ Canola oil is heart-healthy and low in saturated fats, and high in unsaturated fats, including omega-3 fatty acids.
- ☞ It is best to make your own pizza crust at home. Thin crust is a healthier choice compared to thick crust.
- ☞ Whole grain and whole wheat flour increases fibre, vitamins and minerals in your pizza dough.

## The Sauce

- ☞ A fresh, homemade tomato sauce is a healthy choice for your pizza. Although sauces like BBQ, pesto, and Alfredo are tasty, they can be a lot higher in sodium and calories.

## The Cheese

- ☞ Cheese is a primary fat source on a slice of pizza, and although it is high in calcium, too much cheese can add a lot of calories from fat. Go light on the cheese! It will make a huge difference in the nutritional value of your pizza.
- ☞ There are many alternatives to traditional mozzarella: feta cheese, goat cheese, low fat mozzarella, Parmesan.

## The Toppings

- ☞ Veggies, veggies, and MORE veggies! Experiment with creative combinations to add extra flavour to your pizza!
- ☞ Use fresh vegetables as much as possible. Toppings like olives, sun-dried tomatoes, and anchovies are high in sodium, so use them sparingly!

## The Meat/Protein

- ☞ Protein is an essential component to any meal, and pizza is no different! Choose chicken breast, shrimp, lean ground beef or ham because they are lower in fat than your traditional pizza toppings like pepperoni, sausage and bacon.

## How Many Slices should I Eat?

- ☞ Moderation is key when it comes to foods like pizza! One to three slices of pizza is a healthy portion for adolescents. Remember, pizza is only an element of a meal so be sure to pair it with fresh veggies or a big garden salad!
- ☞ If you eat frozen pizza from a box, check out the recommended serving suggestion, found on the Nutrition Facts Table.

## What is a Nutrient?

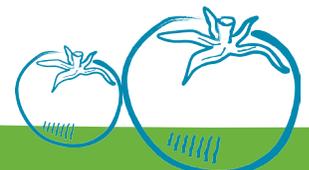
- ☞ A nutrient is a substance that provides nourishment essential for growth and the maintenance of life.

## What Nutrients are in Pizza?

- ☞ Nutrients found in pizza are primarily fats, carbohydrates and proteins, as well as many vitamins and minerals depending on the toppings chosen.

## The Sum of Good Pizza Ingredients:

- ☞ Start with a thin whole grain pizza crust + fresh tomato sauce + tons of fresh vegetables + a lean source of protein + a small portion of cheese on top = a smart and healthy pizza! Just add some vegetables or a garden salad!





# Pizza: The Final Slice

1. Define the term nutrient.

2. Identify five nutrients found in a slice of pizza and an ingredient that provides that nutrient.

3. What ingredients can make pizza an unhealthy choice and why?

4. What can you do to make a pizza healthier?

5. What are three toppings that are smart and healthy choices? Why?

6. What is a new healthy pizza topping combination you'd like to try?

7. What does AITC-M recommend for snack foods like pizza?



# Pizza Dough in a Bag

Ready, Set, DOUGH!

## Recipe:

This recipe yields enough dough for about a 12" pizza, feeding one to two hungry students!

## What you'll need:

- 🍃 3/4 cups all-purpose flour (175mL)
- 🍃 3/4 cups whole-wheat flour (175mL)
- 🍃 1 pkg. or 1 Tbsp quick-rise yeast (15mL)
- 🍃 1 1/2 tsp sugar (7mL)
- 🍃 3/4 tsp salt (4mL)
- 🍃 2/3 cup warm water (160mL)
- 🍃 3 Tbsp canola oil (45mL)

## What you'll need to do:

1. In a large one-gallon (3.79L) heavy-duty Ziploc bag, add your dry ingredients (flour, yeast, sugar and salt).
2. Tightly close the bag and shake until all the dry ingredients are mixed together.
3. Next, add your warm water and canola oil and close the bag, making sure to release any excess air.
4. Knead the dough with your fingers to combine the ingredients. Make sure to get the dry ingredients from the corners of the bag, you don't want to leave anything behind!
5. Once the ingredients are well combined and your dough is starting to form a ball, leave the bag closed and let the dough rest for 10 minutes.
6. Preheat oven to 350°F (180°C).
7. Make sure you have clean hands, spray them with oil so there will be no sticking! Open the bag and allow the dough to fall out onto your clean and oiled hands.
8. Sprinkle your work surface with a little bit of flour, and then roll-out the dough to fit the pizza pan.

**Once your pizza dough is rolled out, add your fresh tomato sauce, your favorite toppings and cheese to build the perfect pizza pie! Bake for 20 minutes in a 350°F (180°C) oven or until the cheese melts and the crust turns golden brown! Delicious!**

