

#10526 COOKING BASICS: PIZZA



LEARNING ZONE EXPRESS, 2001
GRADE LEVEL: 5-13+
15 MINUTES
1 INSTRUCTIONAL GRAPHIC INCLUDED

DESCRIPTION

A professional chef relates some history about this popular dish before sharing recipes for Mexican, Boboli, breakfast, appetizer, and dessert pizzas. Notes that these pizzas are healthy and can be made quickly.

ACADEMIC STANDARDS

Subject Area: Health

- Standard: Understands essential concepts about nutrition and diet.
 - ♦ Benchmark: Understands how eating properly can help to reduce health risks (in terms of anemia, dental health, osteoporosis, heart disease, cancer, malnutrition).
 - ♦ Benchmark: Understands how nutrient and energy needs vary in relation to gender, activity level, and stage of life cycle.
 - ♦ Benchmark: Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).
 - ♦ Benchmark: Knows local, state, federal, and private agencies that protect and/or inform the consumer (e.g., FDA, EPA, OSHA, local prosecutor's office).

Subject Area: Life Work

- Standard: Manages money effectively.
 - ♦ Benchmark: Uses sound buying principles (e.g., comparing costs and benefits, making informed choices) for purchasing goods and services.

INSTRUCTIONAL GOALS

1. To know that comparing costs and benefits of different types of food products is a sound buying principle.
2. To be aware of all the nutritional information found on food labels as well as any allergens.
3. To be familiar with the basic dietary needs of the human body.

C a p t i o n e d M e d i a P r o g r a m

4. To know where and how to write a letter to the company found on the label.
5. To comprehend the Food Guide Pyramid.

VOCABULARY

1. Boboli
2. flatbread
3. focaccia
4. sauté

BEFORE SHOWING

Check for food allergies in your classroom before attempting any recipe.

AFTER SHOWING

Discussion Items and Questions

1. Where did pizza originate?
2. What are three ready-to-use pizza crusts?
3. What can you use as a pizza sauce?
4. What are some vegetables to use on pizza?
5. What are some cheeses to use on pizza?
6. What are some meats to use on pizza?
7. How does the pizza fit into the Food Guide Pyramid?

Applications and Activities

1. Hand out recipes seen in the media. (See INSTRUCTIONAL GRAPHICS.)
2. Have students bring in labels from ready-made-dough products.
 - a. Read thoroughly all information given on the packaging.
 - b. Write down complete ingredients and grams of protein, carbohydrates, and fat per serving.
3. Using books, brochures, and charts, review the six basic dietary requirements for maintaining a healthy body (i.e., carbohydrates, protein, fat, vitamins, minerals, and water) and look for these on the label.
4. Write a business letter to the company found on the label requesting more nutrition information.
5. Study the Food Guide Pyramid. Notice the daily allowance of whole grains, milk, eggs, vegetables, etc., suggested.

INSTRUCTIONAL GRAPHIC

- RECIPES



RELATED RESOURCES

Captioned Media Program

- [Baking Basics: Cookies #10656](#)
- [Cooking Basics: Meat #10525](#)
- [Video Cooking Library: Fun Meals for Kids #7882](#)

World Wide Web



The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and “kid safe” sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **MY PYRAMID**

<http://www.mypyramid.gov/>

From the USDA Web site; gives an estimate of what and how much you need to eat; enter your age, gender, and activity level.



- **COOKS.COM**

<http://www.cooks.com/rec/search?q=pizza>

Links to pizza recipes.



- **THE HISTORY OF PIZZA**

<http://www.geocities.com/Heartland/Flats/5353/pizza/history.html>

Gives a thorough timeline on the evolution of pizza.

- **GLOSSARIST**

<http://www.glossarist.com/glossaries/lifestyle/cooking.asp>
Provides a list of specialty-food glossary links.

- **FUNCTIONS OF BAKING INGREDIENTS**

<http://ianrpubs.unl.edu/foods/nf186.htm>
Lists baking ingredients and a description of the function each performs.

- **ASSOCIATION OF "VERACE PIZZA NAPOLETANA"**

<http://www.verapizzanapoletana.org/vpn/character.html>

An international nonprofit association that promotes the exact science of creating a Neapolitan pizza. Only by going through training can a restaurant display its symbol.



BREAKFAST PIZZA

MAKES ONE 8- BY 12-INCH PIZZA

INGREDIENTS:

1 (8-ounce) package refrigerated crescent rolls	½ cup chopped onion
8 eggs	1 tomato, cut into ½-inch cubes
2 tablespoons water	1 teaspoon dried basil
1 tablespoon oil	Salt and pepper to taste
½ cup chopped green bell pepper	¼ cup freshly grated Parmesan cheese
	½ cup shredded cheddar cheese

Preheat the oven to 375 degrees Fahrenheit.

Evenly spread the crescent roll dough into a rectangle (without separating the triangles) on an ungreased baking sheet. Bake for 11 to 13 minutes or until the crust is lightly browned.

Meanwhile, lightly beat the eggs in a small bowl; stir in the water.

Heat the oil in a large nonstick skillet over medium-high heat. Add the bell pepper and onion; cook, stirring occasionally, for about 5 minutes or until tender. Add the egg; stir gently until set. Stir in the tomato and basil and season to taste.

Spread the egg mixture over the warm crust; sprinkle with the cheese. Bake for 5 minutes, until cheese is melted.

VARIATION: Spread the crust with a layer of tomato pasta sauce (about ½ cup) or salsa before topping with the egg mixture.

MEXICAN TORTILLA PIZZA

MAKES ONE 6-INCH PIZZA

INGREDIENTS:

1 6-inch or 7-inch flour tortilla	⅛ teaspoon dried oregano (or ½ teaspoon minced fresh oregano)
½ teaspoon olive oil	1 tablespoon shredded cheddar cheese
1 tablespoon commercially prepared taco sauce	1 teaspoon freshly grated Parmesan cheese
2 teaspoons coarsely chopped marinated sun-dried tomatoes	
½ plum tomato, cut into 4 slices	

Adjust the oven rack to 4-5 inches from broiling element. Preheat broiler.

Lightly brush both sides of the tortilla with olive oil, about ¼ teaspoon on each side. Prick the surface of the tortilla in several places with a fork. Place directly on the oven rack; broil until lightly browned, about 1-2 minutes on each side. Watch closely!

Place the tortilla on a baking sheet. Spread the surface with the taco sauce; arrange the sun-dried tomatoes and plum tomato slices over it. Sprinkle with oregano, Parmesan, and cheddar.

Place under the broiler just until the cheese melts, about 2 minutes. Watch closely!

Serve immediately.

BOBOLI PIZZA

MAKES ONE 12-INCH PIZZA

INGREDIENTS:

1 12-inch Boboli	¼ cup chopped red or green bell peppers
1 tablespoon olive oil	¼ teaspoon dried oregano or basil
1 cup sliced mushrooms	1 cup tomato pasta sauce
1 small zucchini, halved lengthwise and cut into ¼-inch-thick slices (about 1 cup)	½ cup shredded cheese, such as Monterey Jack or cheddar
½ cup chopped onion	

Preheat the oven to 425 degrees Fahrenheit.

Place the crust on an ungreased baking sheet; bake for 5 minutes.

Meanwhile, heat the oil over medium-high heat in a large nonstick skillet. Add the mushrooms, zucchini, onion, and bell peppers. Cook, stirring occasionally, for about 5 minutes or until tender. Stir in the oregano or basil.

Spread the pasta sauce over the crust. Top with the vegetable mixture, then the cheese. Return the pizza to the oven and bake for about 5 to 10 minutes or until the cheese has melted.

INDIVIDUAL ENGLISH MUFFIN PIZZA

INGREDIENTS:

½ English muffin; toasted
1 tablespoon pasta or pizza sauce
1 scrambled egg (beat in a 1 cup measuring cup and microwave for 1 minute)
1 tablespoon cheddar cheese

Spread sauce on English muffin. Place egg and cheese on top. Heat in toaster oven or broiler about 4 inches from heat. Watch carefully, with oven door open. Broil until cheese bubbles.

DESERT PIZZA

MAKES ONE 12-INCH PIZZA

INGREDIENTS:

1 10-ounce package refrigerated sugar cookie dough	1 cup sliced strawberries
1 8-ounce carton whipped cream cheese	2 kiwis, peeled and thinly sliced
¼ cup sugar	½ cup blueberries, fresh or frozen

Preheat the oven to 350 degrees Fahrenheit.

Evenly spread the cookie dough on an ungreased 12-inch pizza pan or create a circle on a baking sheet. Bake for 12 to 15 minutes or until the crust is lightly browned. Set aside to cool. (The crust will become firmer as it cools.)

Stir together the cream cheese and sugar in a small mixing bowl. Spread over the crust. Arrange circles of the fruit on the crust.

Store in the refrigerator until ready to serve.

PITA PIZZA

MAKES ONE 6-INCH PIZZA

INGREDIENTS:

½ 6-inch pita bread
½ teaspoon olive oil
2 tablespoons tomato pasta sauce
½ plum tomato, cut into 4 slices
⅛ teaspoon dried basil
Dash of freshly ground black pepper
1 tablespoon freshly grated Parmesan cheese

Adjust the oven broiler rack to 4 to 5 inches from the heating element. Preheat the broiler.

Slice the pita bread horizontally into 2 rounds. Place one half, rough side up, on a baking sheet. Lightly brush with olive oil. Broil for about 2 minutes to toast.

Spread pasta sauce on the pita half. Add a layer of tomato slices and sprinkle with basil, pepper, and cheese.

Place the pizza under the broiler for about 2 minutes or until the cheese is melted. Watch closely!



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