



*Extending the Knowledge and Resources of the University System  
to the People of Waupaca County and Wisconsin*

Waupaca County Courthouse,  
811 Harding Street, Waupaca, WI 54981  
715 258-6230 715 258-6232 (FAX)

## Fresh Veggie Pizza

Grades: 1-5

Total Lesson Time: 30 minutes

### Lesson Overview

Students involved in the Farm to School AmeriCorp classrooms will learn about locally grown vegetables. Students will have the chance to prepare and sample a veggie pizza.

### Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skills and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

### Preparation

1. Wash and dry vegetables for the pizza.
2. Students wash and sanitize hands before preparing their pizza.
3. Assemble activity props, pictures and food for session.

### Procedures

### Introduction

Hand out recipe for **Veggie Pizza**. Explain to the students they will make their pizza using the assembly line method. They can choose the toppings they want on their pizza.

Go over any sanitation procedures with the students.

**Remember cleanliness.** If they make a mess or a spill, they need to clean the mess up.

### ***Keep Food Safe!***

- 1. Do not put hands near face when touching food.*
- 2. If you cough or sneeze, wash hands before proceeding with handling of food.*
- 3. Wipe up all messes if made.*
- 4. Remember to use proper cutting methods. Show students how to handle a knife and proper cutting.*

**Remember: We only have 30 minutes to do the lesson. Prepare ahead of time before coming to the table to have the ingredients you want on your pizza planned. We need to work as a group, there are many students that will be doing this lesson also.**

### **Assembly**

Form 5 groups of students. Students will prepare the ingredients for the pizzas. When all ingredients are prepared, students will again wash hands and form an assembly line to make their own veggie pizza. Encourage all of the students to try all of the ingredients available. The crescent roll base can be baked ahead of time and precut into small servings on paper plates or napkins for students to begin to assemble their individual veggie pizza.

### **Tasting Activity**

Talk to the students about the many words we can use to describe foods and flavors. Ask the students to use all of their senses to describe their pizzas. Discuss the look, smell, taste, and texture.

-Ask students what other toppings they could put on their veggie pizza.

-Students will convert the recipe using the metric system



Extending the Knowledge and Resources of the University System to the People of Waupaca County and Wisconsin

Waupaca County Courthouse,  
811 Harding Street, Waupaca, WI 54981  
715 258-6230 715 258-6232 (FAX)

## Healthy Recipes



### Fresh Veggie Pizza

*This recipe contains more than one type of vegetable, rich in different nutrients. Try many colors and kinds.*

#### Ingredients:

- 1 package low-fat crescent rolls
- 4 ounces non-fat cream cheese
- 1/4 cup non-fat mayonnaise
- 1/2 cup non-fat sour cream
- 1/2 teaspoon dried basil (or thyme)
- 1/2 cup broccoli, chopped
- 1/2 cup cauliflower, chopped
- 1/4 cup green pepper, finely chopped
- 1/2 cup carrot, finely chopped
- 1/3 cup low-fat shredded cheese

#### Directions:

1. Heat oven to 350° F.
2. Unroll the crescent rolls and place them on a cookie sheet to bake. Bake for 10 minutes.
3. Mix together the cream cheese, mayonnaise, sour cream and basil; mix until smooth.
4. Spread mixture on the cooled crescent rolls.
5. Sprinkle the chopped vegetables and shredded cheddar cheese on top of the cream cheese mixture.
6. Serve immediately. Refrigerate leftovers promptly.

#### Nutrition Facts

Serving Size 2 wedges (190g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 300</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 840mg</b>	<b>35%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 11g	
<b>Protein 13g</b>	
Vitamin A 70%	• Vitamin C 40%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 servings, two wedges each

**Tips:** Trying substituting whole wheat flour tortillas for crescent rolls. Use vegetables that are in season and lower in cost.

#### Bright Ideas:

## Pizza Vegetariana Fresca

*Esta receta contiene más de un tipo de fruta o verdura, enriquecidos con diferentes nutrientes. Pruebe las diferentes clases y colores.*

### Ingredientes:

- 1 paquete de panecillos tipo "crescent" bajos en grasa
- 4 onzas de queso crema sin grasa
- 1/4 de taza de mayonesa sin grasa
- 1/2 de taza de crema agria sin grasa
- 1/2 cucharadita de albahaca deshidratada (o tomillo)
- 1/2 taza de brócoli, picado
- 1/2 taza de coliflor, picado
- 1/4 taza de chile pimiento verde, finamente picado
- 1/2 taza de zanahoria, finamente picada
- 1/3 taza de queso tipo Cheddar bajo en grasa, rallado

### Preparación:

1. Caliente el horno a 350° Fahrenheit.
2. Desenrolle los panecillos y póngalos en una bandeja para horno. Hornee por 10 minutos.
3. Mezcle juntos el queso crema, la mayonesa, la crema agria y la albahaca; mezcle hasta que esté suave.
4. Unte la mezcla anterior en los panecillos enfriados.
5. Espolvoree los vegetales picados y el queso tipo "cheddar" rallado sobre la mezcla de queso crema.
6. Sirva inmediatamente. Refrigere lo que sobre rápidamente.

**Consejos:** Ensaye a sustituir los panecillos por tortilla integral. Use vegetales que son de temporada y que están a más bajo costo.

Nutrition Facts			
Serving Size 2 wedges (190g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 300	Calories from Fat 100		
% Daily Value*			
<b>Total Fat</b> 11g	<b>17%</b>		
Saturated Fat 3g	<b>15%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 840mg	<b>35%</b>		
<b>Total Carbohydrate</b> 36g	<b>12%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 11g			
<b>Protein</b> 13g			
Vitamin A 70%	Vitamin C 40%		
Calcium 15%	Iron 10%		
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**4 porciones de 2 trozos cada una**