

Cooking - Pizza

Children will learn about the importance of a healthy, balanced diet, then will design, plan and cook their own pizzas.

Background information

For a balanced diet, it is recommended to eat a variety of food, including starchy foods, fruit and vegetables, some proteins, some dairy, and fatty and salty foods only in moderation. Pizzas are a quick and simple dish that can be easily customised and adapted to suit personal tastes. Pizza dates back thousands of years, with roots as flatbreads with toppings that were popular with the ancient Egyptians, Greeks and Romans. Modern pizzas (with tomato sauce, cheese and toppings) originated in Naples, on the western coast of Italy.

Knowledge and Understanding

In this unit pupils will learn;

- The importance of a balanced diet in keeping our bodies healthy
- About the key food groups, and which foods belong in each
- About traditional pizza recipes
- How to choose healthier alternatives
- How to make a pizza base
- How to prepare and combine toppings

Enquiry skills and Key concepts

- To use appropriate equipment and utensils to prepare and combine food
- To know about the range of fresh and processed ingredients appropriate for their product
- To recognise allergies and intolerances when preparing food
- To be aware of good hygiene when preparing and cooking food

Key Vocabulary:

Utensil – the equipment you need to cook with

Ingredients – the food you need in a recipe to create a dish

Texture – how a food feels

Savoury – not sweet

Toppings – cheese and other food on top of a pizza base

Base – bottom part of a pizza (bread)

Allergies – some people are unable to eat certain foods as their body reacts to them

Edible – can be eaten

Processed – not fresh, having extra seasonings added to it

Hygiene – keeping things clean to avoid illness

Nutrition – making a healthy choice

Safety – using kitchen equipment carefully to avoid accidents