

## What's Cookin' in the Classroom? Garden Pizza

**Grade:** Lower Elementary +

**Duration:** 1 hour 30 min

### Knowledge Objectives:

The students will:

- Identify the five food groups.
- Identify where the food groups are on MyPlate
- Classify foods into MyPlate food groups.
- Recognize the main nutrients provided by the different food groups
- Understand how much of the food from each food group belongs on MyPlate.

### Behavioral Objectives:

The students will:

- Use what they have learned to chose vegetables and fruits they will add to meals at home
- Use what they have learned to eat more grain foods each day.
- Use what they have learned to eat dairy foods each day

### Materials:

#### Activity 1:

##### History of Pizza

- World map (if needed)
- Flipchart
- The History of Pizza

##### MyPlate

- Food cards or food models
- MyPlate for Kids tear pads and posters

#### Activity 2:

##### Let's Make Pizza\*

- English Muffins (1/2 muffin per student-one side)
- Pizza Sauce (1 jar)
- Low fat mozzarella cheese (1-1½ bags)
- Sunflower seeds (enough so that each group or child can chose as a topping)
- Broccoli florets, small bit size pieces (2 small heads)
- Mushrooms, sliced (8-10)
- Peppers, sliced (2)
- Apple, sliced (2, one slice per student) Note: Apples may brown if not used immediately – Consider substituting with Pineapple or some other fruit.
- Napkins (one per student)
- Paper plates (one per student)
- Plastic bowls (5-10)
- Plastic Serving-ware (one per bowl)
- Cookie sheets (2)
- Aluminum foil

- Non-stick cooking spray
  - Marker
  - Hot Mitts
  - Spatula
  - Hand sanitizer
  - Oven for cooking pizza (Note: Pizza can be served cold)
- \*Food amounts are based on a class size of 20 students

### Let's Make Pizza – Virtual Pizza

Use felt, or colored paper to create all the elements of a pizza, matching the color of your materials to the ingredients, e.g. tan for pizza crust, red circles for tomatoes, etc. You can also use food pictures if they are available.

- **What's on your Pizza? Worksheet** (grades 3 and up) or **MyPlate Coloring Sheet** (Grades K-2) (one per student)

### **Background:**

#### **What is MyPlate?**

*MyPlate* is a tool that shows people how to eat healthy, gets us thinking about what should go on our plate at each meal. It also reminds us to be active each day. Here are some things to know from MyPlate.

#### **1. Color your plate with great-tasting vegetables.**

Try to eat more dark-green, red and orange vegetables and beans and peas also. Your plate should have more vegetables than food from any other food group.

#### **2. Fuel up with fruits at meals or snacks.**

Apples, oranges, pears, plums, raisins and bananas are just a few of the fruits you can choose from. Make sure if you drink fruit juice that it is 100% fruit juice. But do not drink too much.

#### **3. Make at least half your grains whole grains.**

Choose whole grain foods such as whole wheat bread, oatmeal, whole wheat tortillas, brown rice and popcorn for half the grain foods you eat each day.

#### **4. Vary your protein foods.**

Try fish, shellfish, beans and peas or nuts more often. Include a fish taco, bean burrito, humus, veggie chili with beans, or fish stir-fry. Make most of your protein choices from low fat sources like, fish, skinless chicken breast and beans.

#### **5. Get your calcium-rich foods.**

They help keep your bones strong and your teeth healthy. Choose fat-free or low-fat milk or soy milk, yogurt and cheese at meals or snacks.

## **6. Know your sometimes or extra foods.**

If you follow these suggestion most of the time then once in a while you can have a fun treat that you only eat sometimes. Sometimes foods are high in fat, added sugar and salt. We also call these foods SoFAs which stands for *Solid Fats and Added Sugar*. You may like these foods for treats but because they are higher in solid fat, added sugar and salt they can have a lot of calories. Most people do not need many high calories foods and eating too many can make you gain weight. These foods and their calories are extra. This is why such foods are sometimes called “extras.”

Some extras are foods like:

- Cookies
- French fries or other fried foods
- Cakes
- Fruit pies
- Ice cream
- Salad dressing

Limit the number of extras you choose.

Some extras that do not fit into any of the MyPlate food groups are:

- Soda
- Chocolate
- Candy
- Jell-O
- Butter

## **7. We need oils but not too much.**

On the MyPyramid there was a thin yellow triangle that stood for oils. MyPlate does not have a place for oils because they are not food by themselves. Oils are needed, but do not have too much! Try to limit the oils you use and eat to the ones that are the best for your body. The best oils are:

- Canola oil
- Olive oil
- Peanut oil or other nut oils.

Good oils are also found in foods like nuts, fish, olives, and avocados

## **8. Be active each day.**

You need to be active for good health and to keep you at a healthy weight. Being active helps prevent diseases like obesity, diabetes, and heart disease. Be active each day!

- You should be active more than what you normally do each day for 60 minutes or more.
- It is okay if kids are active in short bursts that add up to 60 minutes each day. You need to be active for at least 10 minutes at a time.
- Most of this activity should be pretty active and at least 3 times a week should be very active so that it is difficult to talk while you are being active.
- At least 3 times a week kids should do some kind of muscle strengthening activity like climbing.
- At least 3 times a week kids should do some kind of bone building activity like walking or jumping.

Here are some ways to be active.

- Walk as much as you can with friends and family to keep your bones strong!
- Use the stairs instead of the elevator.
- Got to a bus stop further away from your usual stop. This makes you have to walk further to get where you are going.
- Wear a pedometer and check to see how many steps you take each day. The best number to shoot for is 10,000 steps but most people do not walk that much. Just walk as much as you can. Keep trying to make the number of steps you take each day go up.
- Move and be active while you talk on the phone or watch TV.
- Walk briskly with friends and family around a shopping area or a local school track.

Increase your activity in other ways too!

- Jump rope to keep your bones strong.
- Dance more.
- If you do not have a gym period in school use household items like a bag of beans to do muscle strengthening exercise.
- Play active games with your friends and family.
- Work out to videos with your friends or family. You can check them out from the library.

## **9. One size does not fit all when choosing how much to eat.**

Different people need different amounts of food to be healthy. How much you should eat from each food group is based on your gender, height, weight, age and how active you are each day.

You can find out how much and what kinds of foods you should eat each day at: <http://www.choosemyplate.gov/myplate/index.aspx>. Enter your age, height, weight, gender and how active you are to find the food plan that is just right. The food plan will say how much food from each food group to eat each day.

## Food Groups

Each food group is shown by a different color on MyPlate.



The food groups and food group colors on MyPlate are:

- Grains orange
- Vegetables green
- Fruits red
- Milk or Dairy blue
- Meat and Beans or Protein purple

You need foods from all the food groups each day. You need to eat different foods from all the food groups each day for good health and to help your body grow right. The best foods are those that have very little or no added fat, sugar or salt. We call foods that have a lot of added sugar, fat and salt sometimes foods. You will also hear them called SoFAs which stands for “Solid Fats and Added Sugar.” We want to eat a lot less of those foods. We will talk about them a little later.

## The Vegetables Group

The Vegetables group is green. Vegetables give us nutrients that help us stay healthy and grow strong. Carrots and spinach have vitamin A. This helps our skin, eyes and hair stay healthy. Tomatoes and cauliflower are full of vitamin C. This vitamin helps keep our gums healthy and helps us to not get sick. Broccoli has vitamin K. When we get a cut or scrape, vitamin K helps the cut or scrape heal faster and helps create a scab to keep germs from getting in and blood from getting out. Collard greens, kale and spinach have calcium. This mineral is important for strong bones and healthy teeth. Vegetables also have fiber.

Vegetables are a very important part of our diet. Each one has a special job to do to keep us healthy! Children should have at least 1 ½ cups of vegetables

each day.

A cup is:

- 1 cup chopped raw vegetables
- 1 cup of chopped cooked vegetables
- 2 cups of leafy vegetables (like spinach) are equal to 1 cup of vegetables
- 1 cup vegetable juice (like tomato juice)

### **The Fruits Group**

The Fruits group is red. This group also gives us minerals and vitamins like Vitamin C. Oranges and kiwis have a lot of vitamin C. Fruits are also a good source of fiber. Fiber acts like a broom and helps move food through our body. It keeps us healthy. Children should have at least 1 to 1 ½ cups of fruit each day. You can get some of your fruit from 100% juice but not too much. It is best to get most of your fruit from whole fruit.

A cup is:

- 1 small apple,
- 1 large banana
- 1 cup 100% fruit juice (like grape or orange)
- ½ cup dried fruit
- 1 cup cooked or canned fruit

### **The Grains Group**

The Grains group is orange. This group includes cereal, rice, pasta, bread and tortillas. Young children should eat at least 5 ounces from this group each day for good health. These foods give our bodies carbohydrates. The body turns carbohydrates into energy. We need energy to do well in school and to be active when we walk, run, play basketball, soccer, football, and just about everything we do.

Half the grains you eat each day should be whole grain choices like whole wheat bread, whole wheat pasta, oatmeal, brown rice and popcorn. Whole grains have extra nutrients that are good for your health. They also have fiber which is good to help keep everything moving through your body.

An ounce is:

- 1 slice of bread
- ½ cup cooked cereal (like oatmeal)
- 1 small tortilla
- ½ cup cooked pasta
- ½ cup cooked rice
- 1 small piece of corn bread

### **Protein Group**

This group is purple. Protein helps us grow and helps our body to build strong

muscles and keeps our skin and hair healthy. Foods in the protein group are meats, like beef, chicken and pork and also fish. Other foods in the protein group are eggs, beans, nuts and seeds. To stay healthy and strong, children should have at least 4 ounces from this group each day.

An ounce is:

- 1 ounce of cooked lean meat, poultry or fish
- $\frac{1}{4}$  of cup cooked beans (pinto, black, or navy or refried) or peas
- 1 egg
- 1 tablespoon of peanut butter
- $\frac{1}{2}$  ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)
- $\frac{1}{2}$  ounce of sunflower seeds

### **The Dairy Group**

This group is blue. This group includes milk, yogurt and cheese. These foods give us calcium for strong bones and healthy teeth. Calcium is very important for growing children. Young children need to have at least 2  $\frac{1}{2}$  cups from this group each day. MyPlate tells us that we should eat low-fat dairy foods like low-fat, 1% or skim milk, low-fat yogurt, low-fat cheese.

A cup of Milk or Dairy foods is:

- 1 cup low-fat milk
- 1 cup low-fat yogurt
- 1  $\frac{1}{2}$  ounces of low-fat hard cheese (the size of a pair of dice)
- 2 slice of low-fat American cheese
- $\frac{1}{3}$  cup of low-fat shredded cheese

You can also get calcium from non-dairy foods that have been fortified with calcium like soy milk, orange juice and cereal.

### **Oils**

We need some oil in our diet, but not too much. You can get healthy oils from seeds and nuts. The fat in fish is healthy oil too. You can get oil in things like salad dressing and mayonnaise. Some cooked foods have oil in them like pizza. Oil is also in many sometimes foods like chips, cake and cookies but it is best to only eat these foods sometimes. Oil is not on MyPlate since it is not a food but is in many foods we eat.

### **Sometimes Foods**

We mentioned sometimes foods before and said that they are foods that have a lot of solid fat, added sugar and salt. We call them sometimes foods, because it is better to only eat them once and a while or sometimes. These foods should be a very small part of your diet. These are foods like:

- cookies and cakes from the Grains Group
- fried onion rings or French fries or potato chips from the Vegetables Group
- apple pie from the Fruits Group
- fried chicken from the Protein Group and

- ice cream from the Dairy Group

Not all sometimes foods belong to a food group. These are foods like

- soda or soft drinks
- sweetened ice teas
- candy

These foods have a lot of sugar so it is better to eat or drink them only once and a while.

### **You Need Foods From All Food Groups Each Day**

Eating many different foods from each food group is the best way to stay healthy and grow strong. Some things we eat are called combination foods and are made of foods from more than one group. When you eat these foods it can help you to get foods from more than one food group in one meal. These are things like Tacos and pizza.

#### Tacos have:

- Tortilla (Grains Group)
- Meat or Beans (Protein Foods Group)
- Tomatoes and Lettuce (Vegetables Group)
- Cheese (Dairy Group)

#### Pizza has:

- Crust (Grains Group)
- Tomato Sauce, Broccoli, Peppers (Vegetables Group)
- Pineapple (Fruits Group)
- Cheese (Dairy Group)
- Hamburger (Protein Foods Group)

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**References:**

Pyramid activity adapted from How to Teach Nutrition to Kids by C.L. Evers, 1995. Tigard, Oregon, Carrot Press.

History of Pizza, adapted with permission from: Applewood Seed and Garden Group, Arvada, CO.

## Activity 1: MyPlate

1. Ask students the following questions:

**Q:** Who here likes pizza?

**A:** *See who raises their hands.*

**Q:** Does anyone know what country pizza comes from?

**A:** *Italy*

2. Read: The History of Pizza. You can find this at the end of this lesson.

3. Ask students the following questions:

**Q:** Can anyone show us where Italy and Greece are found on the map?

**A:** *Ask for a volunteer to show you on the map*

**Q:** What are some of your favorite pizza toppings?

**A:** *Answers will vary but might include any vegetable, pepperoni, olives, etc.*

**NOTE:** List all toppings the students give on the blackboard or flipchart.

**Q:** Who thinks pizza is a not so healthy and a sometimes food?

**A:** *Explain that many people think that pizza is an unhealthy food. This is not true!*

*Explain that some toppings are sometimes foods like pepperoni and sausage because they are high in fats that are not good for you if you eat too much. But the crust, sauce and cheese are in three separate groups on MyPlate and can be part of a healthy diet. These foods are in the Grains, Vegetables, and Dairy groups and help us get nutrients that we need to grow and be healthy.*

4. Display the Kids MyPlate poster and tell the class that you are now going to talk about the food groups on MyPlate.

5. Ask students the following questions:

**Q:** Who has heard of MyPlate?

**A:** *Answers may vary but should include:*

- *MyPlate is a tool that shows people how to eat healthy, gets us thinking about what should go on our plate at each meal.*
- *MyPlate reminds us to be active each day.*
- *MyPlate tells us to make half of our plate veggies and fruits.*
- *MyPlate tells us that half of our plate should be grains and protein, but we want to have a little more grains than protein.*
- *MyPlate reminds us to have food from the dairy group. See the blue circle (point to the blue circle on the MyPlate poster). That is the dairy group."*

6. Share the information below in a discussion about the different parts of MyPlate. Ask the questions listed below each section.

## **The Vegetables and Fruits Groups**

The Vegetables Group is green and the Fruits Group is red. These foods are important because they have nutrients that keep our skin, eyes and hair healthy. Vegetables and fruits also have fiber that helps move food through our bodies.

**Educator point to MyPlate poster and say:** Half your plate should be vegetables and fruits just like on the poster.

When you eat vegetables and fruits, more matters! You need to eat at least 1 ½ cups of veggies and 1-1 ½ cups of fruit each day. We all need to eat many different kinds of vegetables and fruits each day. One way to eat more of these foods is to add vegetables and fruits to your favorite meals. You can add a banana to your breakfast cereal. You can also use 100% fruit juice to get what you need. Just do not drink too much, maybe just a small cup or less a day. Be sure it is 100% fruit juice. You can ask someone to cut up veggies and put them in your omelet. Add veggies to your pizza or grilled cheese sandwich.

Remember make ½ your plate veggies and fruits.

**Q:** What are some vegetables and fruits that you will try to eat at home?

**A:** *Answers will vary. Be sure all foods that are mentioned are in the Vegetables and Fruits groups.*

**Q:** Name a favorite meal that you have that you will add a vegetable or fruit to.

**A:** *Answers will vary but can include fruit in cereal, fruit with dessert, fruit smoothies, veggies on sandwich, veggies in tacos, veggies with spaghetti or pasta or veggies on pizza or in an omelet.*

**Q:** What vegetable or fruit toppings will you try on your pizza?

**A:** *Answers will vary. Be sure all answers are foods in the Vegetables and fruits group.*

The other half of your plate is food from the Grains and Protein Group.

## **The Grains Group**

The Grains Group is orange. Foods like bread, cereal, rice and pasta belong in this group. We get energy from the foods in this group. Half of the grains we eat each day should be whole grains like whole wheat bread, brown rice, oatmeal and popcorn. This way you will get all the nutrients you need. We need to eat 5 ounces each day from this group. An ounce of grains foods can be a slice of bread, ½ cup of cooked cereal or 1 small tortilla.

**Q:** Can anyone name grains foods that are whole grain?

**A:** *Answers will vary but should include: whole wheat bread or pasta, brown rice, oatmeal, whole cornmeal.*

**Q:** Can anyone name foods you ate from this group yesterday?

**A:** *Answers will vary but should include: any kind of bread, hot or cold cereal, rice, or pasta, tortillas, corn bread*

**Q:** Name foods from the grain group that you will eat tomorrow and also if they are whole grain foods.

**A:** *Answers will vary. Be sure all foods mentioned are from the grains group and that whole grain foods are mentioned. If not suggest some like, whole wheat bread, oatmeal or popcorn.*

**Q:** Does anyone know why we need to eat food from this group?

**A:** *This group gives us energy.*

**Q:** Why do we need energy?

**A:** *To learn in school, to run and play. We need energy like a car needs gas to run.*

**Q:** What do you think would happen if you did not eat enough food from the grain group?

**A:** *We would not have energy and we would feel tired and weak.*

**Q:** What part of the pizza belongs to the grain group?

**A:** *The crust*

### **The Protein Group**

The Protein Group is purple. This Protein group is smaller than the Grains on its half of the plate. That is because we want you to eat more grains or whole grains than meat on the half of your plate that is not veggies and fruits. The Protein Group includes meat, chicken, fish, beans, nuts, seeds and eggs. Foods from this group give us protein to help us grow and build strong muscles. Kids 4-8 need to eat 4 ounces of food from this group each day. **Note to educator:** if you are working with older children, kids 9-13 need 5 ounces from this group each day.

**Q:** What foods from the protein group do you eat at home?

**A:** *Answers will vary but should include fish, chicken, steak, beans, nuts, seeds, eggs and tofu. Be sure all the foods mentioned are in the Protein group.*

**Q:** What protein foods do you like on your pizza?

**A:** *Answers will vary but can include ham and anchovies, chicken, fish, almost any protein food, etc. Be sure all the foods mentioned are in the Protein group.*

**NOTE:** *Remind the class that pepperoni and sausage contain a lot of fat that is not good for you if you eat too much. They are sometimes foods and not as healthy so you only put them on your pizza sometimes.*

### **The Dairy Group**

This food group is blue and it is the blue circle next to the plate. (**Educator point to dairy cup on MyPlate poster**). This group is important because it give us calcium which helps us to have strong bones and healthy teeth. Kids 4-8 need to get 2 ½ cups of low-

fat foods from this group each day. (**Note to educator:** If you are working with older kids, kids 9-13 need 3 cups from the dairy group each day). The Dairy Group foods we can eat are low-fat milk, low-fat yogurt and low-fat cheese.

**Q:** Does anyone know why we need calcium?

**A:** *We need calcium to keep our bones strong and our teeth healthy.*

**Q:** What are some dairy foods that you will eat at home?

**A:** *Answers will vary but be sure all answers are foods in the Dairy Group.*

**Q.** Are any of the dairy foods you eat at home low-fat?

**A.** *will vary*

**Q.** Can anyone tell me low-fat dairy foods that they will try and eat?

**A.** *Answers will vary but should include low-fat, 1% or no-fat skim milk, low-fat yogurt and low-fat cheese.*

**Q:** What part of pizza belongs to the dairy group?

**A:** *Cheese*

## **Sometimes Foods**

**Q:** Does anyone know what sometimes foods are?

**A:** *Sometimes foods are foods that have a lot of fat, added sugar and salt. We call them sometimes foods, because it is better to only eat them once and a while. These foods should be a very small part of your diet. These are foods like:*

- *cookies and cakes from the Grains Group*
- *fried onion rings, potato chips or French fries from the Vegetables Group*
- *apple pie from the Fruits Group*
- *fried chicken from the Meat and Beans or Protein Group and*
- *ice cream from the Milk or Dairy Group*

*But, not all sometimes foods belong to a food group.*

**Q:** Can anyone think of a sometimes food that has a lot of sugar that does not belong to a food group?

**A:** *Soda or soft drinks, sweetened ice teas, candy, etc.*

**Q:** Can anyone think of a food that you eat that is a sometimes food?

**A:** *Answers will vary but should include things like, soda or soft drinks, cookies, candy, sweetened ice tea, , ice cream, chips, cake, donuts, etc.*

*Remind the class that these foods have a lot of extra sugar, fat and salt.*

**Q:** What do you think happens to your body when you eat too many sometimes foods from this group?

**A:** *It can make you tired and not feel good and makes it hard to learn and play. It can*

*make it hard to stay a healthy weight.*

**Q:** When should you eat these foods?

**A:** *We should only eat these foods once in a while.*

**Q:** Can you tell me a food you would eat instead of a sometimes food?

**A:** *Answers will vary but can include any food from any food group that would not have a lot of added fat and sugar like, whole fruit, salad, plain raw or cooked vegetables, baked potato, baked chicken, plain rice, low fat milk, low fat yogurt or cheese, etc.*

## **Activity 2: Food Group Practice**

1. Pass food picture cards or food models to each student. You can pass out an individual MyPlate to each child or use a poster at the front of the room for this activity.
2. Each student should take a turn telling the class the name of the food picture or food model they are holding and in which food group it belongs.
3. Students should place their card or food model in the correct food group on their MyPlate handout. If you are using a poster then have them come up to the front of the class and help them tape their food card to the correct food group or if they have food models, have them point to the right food group on the poster.
4. Go back to the list of pizza toppings the students mentioned in Activity 1 that you wrote on the blackboard or flipchart. Have the students decide in which food group each topping belongs. Have the students decide if any of the toppings are sometimes foods that have a lot of fat, salt and added sugar.

## **Activity 3: Let's Make Healthy Pizza!**

### **Option 1 – Make English Muffin pizzas**

#### Making The Pizza

1. Place sunflower seeds, broccoli, mushrooms, peppers and apples or pineapple in bowls.
2. Group students in groups of 2-4.
3. Have students wash their hands or use hand sanitizer before touching any food.
4. Pass out one paper plate and one napkin to each student.
5. Give each student one side of an English muffin.
6. Have each student spoon pizza sauce onto his or her English muffin.
7. Give each group a topping to pass around. Make sure all groups have a chance to choose from all of the toppings. Encourage students to try toppings from as many food

groups as they can. Tell students they must try at least one topping other than cheese.

8. Give each student one small handful of cheese for his or her pizza.
9. Cover baking sheets with aluminum foil. Collect pizzas and place them onto baking sheets. Using a Non-Toxic permanent marker, write the students' name next to his or her pizza.

Bake pizzas in oven or toaster oven for 10-15 minutes between 350- 375°F or until the cheese is melted. (Bake for 3-5 minutes in a convection oven.)

While pizzas are cooking, give each student the *'What's on Your Pizza'* worksheet **or** the MyPlate coloring sheet and colored pencils or crayons, whichever is better for your class

### *What's on Your Pizza?*

1. Explain: Pizza is made with foods that belong to many different food groups.

### **If you have distributed the worksheet:**

Ask the students to:

- a. Write the name of the food group in the box on MyPlate in *What's on Your Pizza*
- b. List or draw the toppings they chose in the right food group on MyPlate.

Have each group show their pizza and explain how many food groups their pizza belongs to.

### **If you have distributed the MyPlate coloring sheet**

1. Have students color the food groups on MyPlate the correct colors.
2. If you'd like you can ask them to draw the toppings they chose in the right food group section of MyPlate.

### **Taste the pizza!**

If you have made an English muffin pizza, once the pizza is done, let the class taste the pizzas they have made.

### **Option 2 - Virtual Pizza**

1. Make a virtual pizza using paper or felt or whatever material you choose.
  - a. Make a round base for the pizza dough. If you are using felt you can use beige felt.
  - b. Create different pizza toppings from other pieces of colored felt or paper that are the same color and look like the toppings you want to use. Or you can use approved pictures or clip art of the food by using the list of foods supplied in the English Muffin Pizza option 1.
  - c. Give each group or each child (it is up to you) a round "pizza dough."
  - d. Put enough toppings for either the table or each child on a plate in the center of the table
  - e. Tell the students to choose from the toppings to make their own special pizza.

2. When they are done, go around to each group or child and ask them to share what kind of toppings they put on their pizza.
3. Ask them to tell you what things they might put on their pizza the next time they have it with their friends or family.

Thank the class for their time.

### **Optional Activity 1 – Is It Anytime or Sometime?**

1. Gather a large number of food models, food model cards, food pictures (please get them approved) of healthy foods and sometimes foods
2. Break children into groups (you choose the size) and give them a mixture of pictures of “anytime” healthy foods and sometimes foods.
3. Ask them to separate the pictures into anytime foods and sometime foods that are high in fat, salt and added sugar.
4. Ask the groups to share some of the foods they said were sometimes foods and some of the foods they decided were anytime foods.

**Note to Educator:** If they mix up a sometimes food with an anytime food, you can gently suggest that while that was a good guess, but this food is either:

- a. **(if they say a sometimes food is an anytime food)** really a sometimes food because it has (either ) a lot of sugar, fat, salt of all three or any combination of those (whichever is appropriate)
- b. **(if they say an anytime food is a sometimes food)** really an anytime food because it is low in fat, sugar and/or salt (or all three) and you can eat it anytime, at any meal or for a snack.

If you like, you can involve the class in this part.

5. When you are done, ask the children if they can think of an anytime food they will eat this week instead of a sometimes food like potato chips, cookies, etc. that they usually eat.

### **Optional Activity 2 – MyPlate Bingo**

1. Distribute the MyPlate Bingo graphic.
2. Depending on what you think best for your class either:
  - a. Print MyPlate Bingo food picture chips on label paper or regular paper that you have cut out or
  - b. Print and hand out the list of foods. If you use the list instead of the chips you can also write the foods on the board.

**Note to Educator:** You can use your own food pictures or food model cards and make your own list of foods for this game if you choose.

3. Instruct the students to either place the chips or write the name of the food from

the list (whichever you are using) in the right MyPlate section.

4. Walk around the room and be sure that everyone is placing the foods in the right food groups.
5. When the students have finished step 3, ask them to circle their favorite food of the foods they have placed in each food group section on MyPlate.
6. Have the names of all the foods that have been used in the game written on small pieces of paper. Put them in a bag and mix them up.
7. Pick a piece of paper and call out the name of the food.
8. When students hear you call a food that is one of the foods they circled tell them to place a large x over the food.
9. Tell the students that when they have an x through everyone one of the favorite foods they have circled to call out "MyPlate Power."
10. You can play until one person calls out "MyPlate Power" or If you like, you can continue playing until other students get a chance to call out "MyPlate Power." It is your decision as to how long to play.

### **Optional Activity 3 – Pizza Question and Answer Jeopardy**

**Note:** This activity would be best for older children

Below are questions and answers based on the "History of Pizza" story. You can decide how many points you want to award for each right answer. There is a final jeopardy question which can have a variety of right answers or you can use the bonus question at the very end of this activity. You can play this game in whatever way you wish as long as you use the questions and answers supplied below.

**Topic: History:**

Q: In Italy pizza means what?

A: *Pie*

Q: What city in Italy likes to say they invented pizza?

A: *Naples*

Q: The special pizza ovens that have bricks are made out of what?

A: *Lava*

Q: What is the name of the volcano that is close to Naples Italy?

A: *Mt Vesuvius*

Q: What country do you think invented pizza?

A: *Greece or Italy*

### **Miscellaneous Information**

Q: If your pizza is a circle, what is the shape of the slice of pizza you will cut and eat from that circle pie?

A: *Triangle*

### **Pizza and You:**

Q: Pizza is a combination food which means that it contains foods from more than one food group. Name another popular combination food.

A: *May vary but can include cheeseburger, taco, burrito or any other food made with foods from more than one food group.*

Q: Name three healthy toppings you can put on pizza.

A: *May vary but should include items that are low in fat, added sugar and salt. For example: low-fat cheese, vegetables, fruit or chicken breast*

### **Nutrition and Pizza:**

Q: The cheese on the pizza belongs to which food group?

A: *Dairy*

Q: What is in the dairy group that helps build strong bones and healthy teeth that can we get from the cheese on pizza?

A: *Calcium*

Q: What foods can be put on pizzas that are from the protein group?

A: *May vary but can include: chicken, turkey, ham, anchovies (fish) ground beef, seeds or nuts*

**Note:** Students may say sausage and pepperoni. Please point out that these foods are high in solid fat and salt they are not the healthiest choices.

Q: The tomatoes in the sauce on the pizza are in which food group?

A: *Vegetables*

Q: The crust on the pizza is in which food group?

A: *Grain*

Q: What food from the fruit group can you put on pizza?

A: *Answers may vary but may include any fruit.*

Q: Can you have pizza for breakfast?

A: *Yes. Any food can be a breakfast food.*

Q: The meat toppings on pizza are in which food group?

A: Protein

For older kids:

Q: The crust is in the grains group. What do we get from grains that give us energy?

A: Carbohydrates

For younger kids:

Q: The crust is in the grains group. What do we get from eating grains that helps us play and learn well?

A: Energy

**Final Jeopardy:**

Q: How would you make a pizza healthy?

A: *May vary but should include: adding vegetables, fruits and low-fat cheeses and meats (like chicken and turkey) on your pizza or getting a whole wheat crust.*

**Bonus Question:**

Q: In the story we read you, what city in the USA is famous for its deep dish pizza?

A: Chicago



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## **The History of Pizza**

No one is sure who really invented pizza. But we are sure glad someone did! We know that over 400 to 500 years ago, people in Greece and Italy were putting lots of good things on top of flat pieces of bread. Sure sounds like pizza to us! Some other countries still use flat pieces of bread with their food like pita bread in Greece, Naan in India and flat breads in the Middle East. People in Europe only started putting tomatoes on pizza when the explorers discovered America and brought tomatoes back to Europe. There were no tomatoes in Europe before that. No one put cheese on pizza until about 120 years ago in the 1880's and 90's.

Pizza in Italian means "pie". A restaurant in Italy that serves pizza is a "pizzeria". Pizza is popular all over Italy, but people around Naples, in the south, like to say they invented it. They use special pizza ovens that have bricks made out of lava from Mt. Vesuvius. This is a volcano near Naples, Italy.

Here in the United States there was no pizza until people came here from Italy almost 300 years ago in the early 1800's. Even then the only people who knew about and ate pizza were Italians. About 60 to 70 years ago in the 1940's and 50's pizza became popular everywhere in our country. At first some people called it tomato pie. Some people still do. Different places have different kinds of pizza. Chicago is famous for its deep-dish pizza. Many of their chefs come from Italy, where pizza recipes have been passed down from one generation to the next.

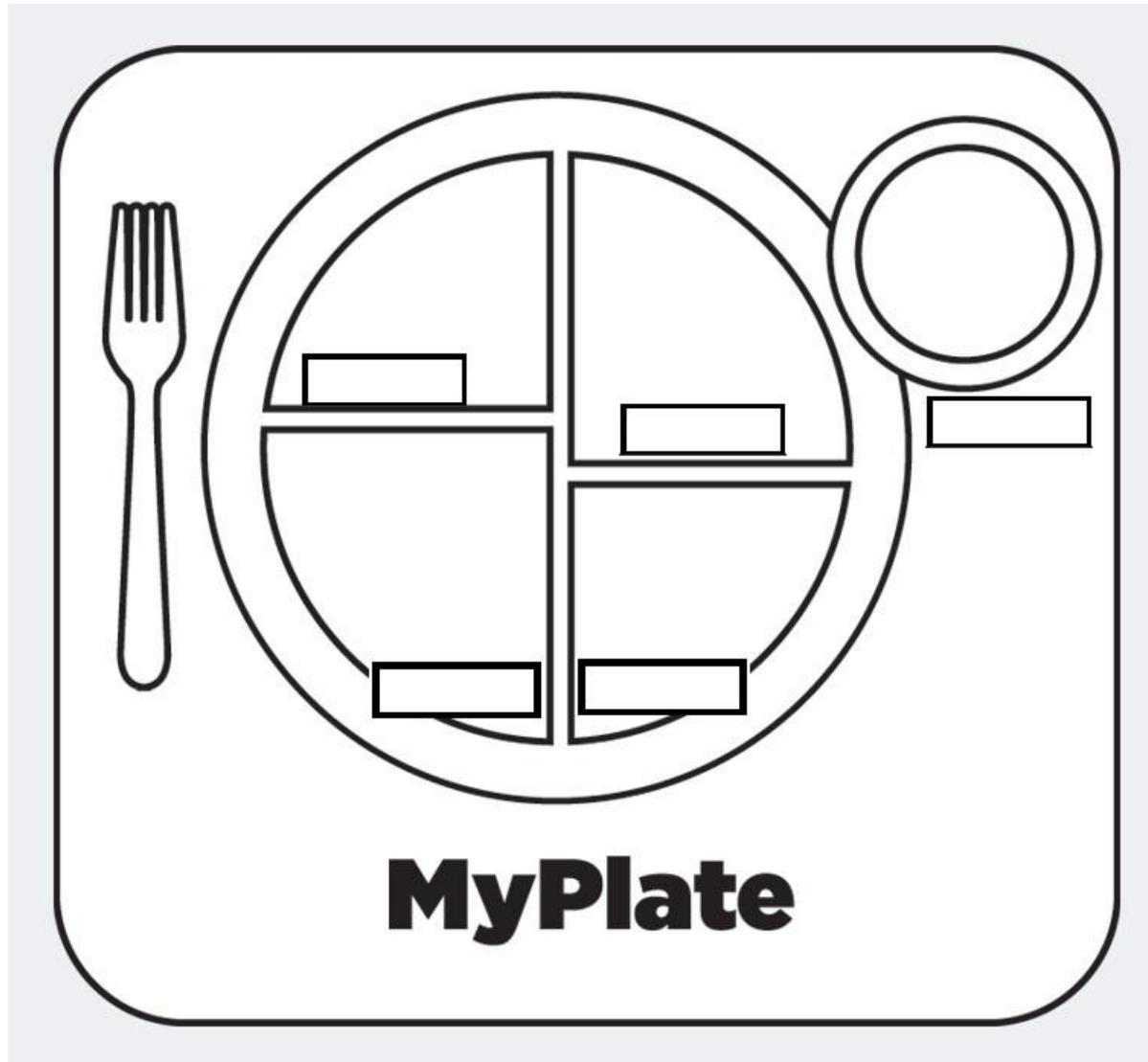
Today pizza is eaten all over the world, and every country has its own favorite kinds. There are fat crusts and thin crusts, big crusts and small crusts, round crusts and square crusts and more kinds of toppings than you could ever imagine.

Adapted from History of Pizza, with permission from: Applewood Seed and Garden Group, Arvada, CO

Name \_\_\_\_\_

## What's On Your Pizza?

Write or Draw a picture of each part of your pizza in the correct food group on MyPlate.



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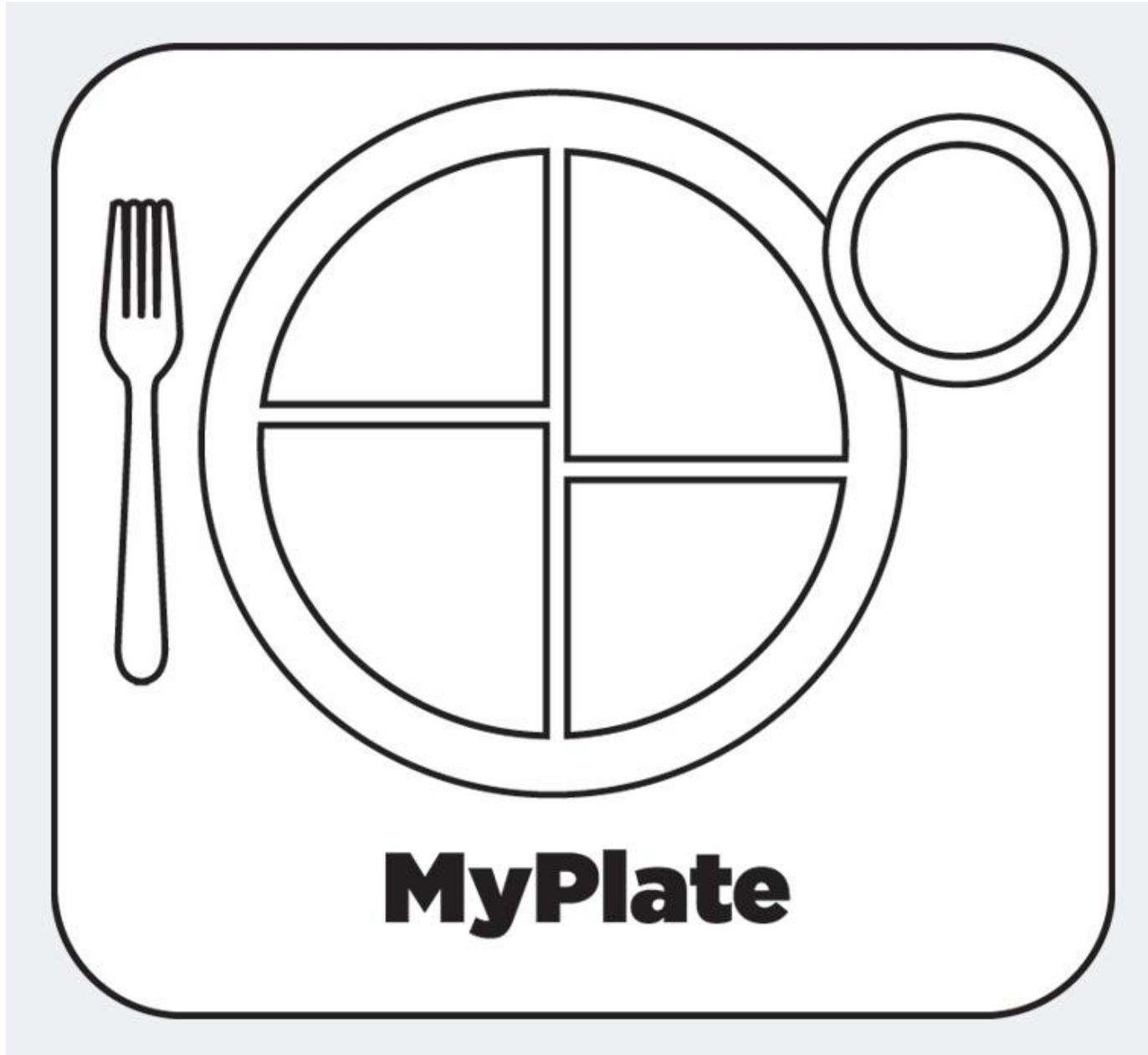


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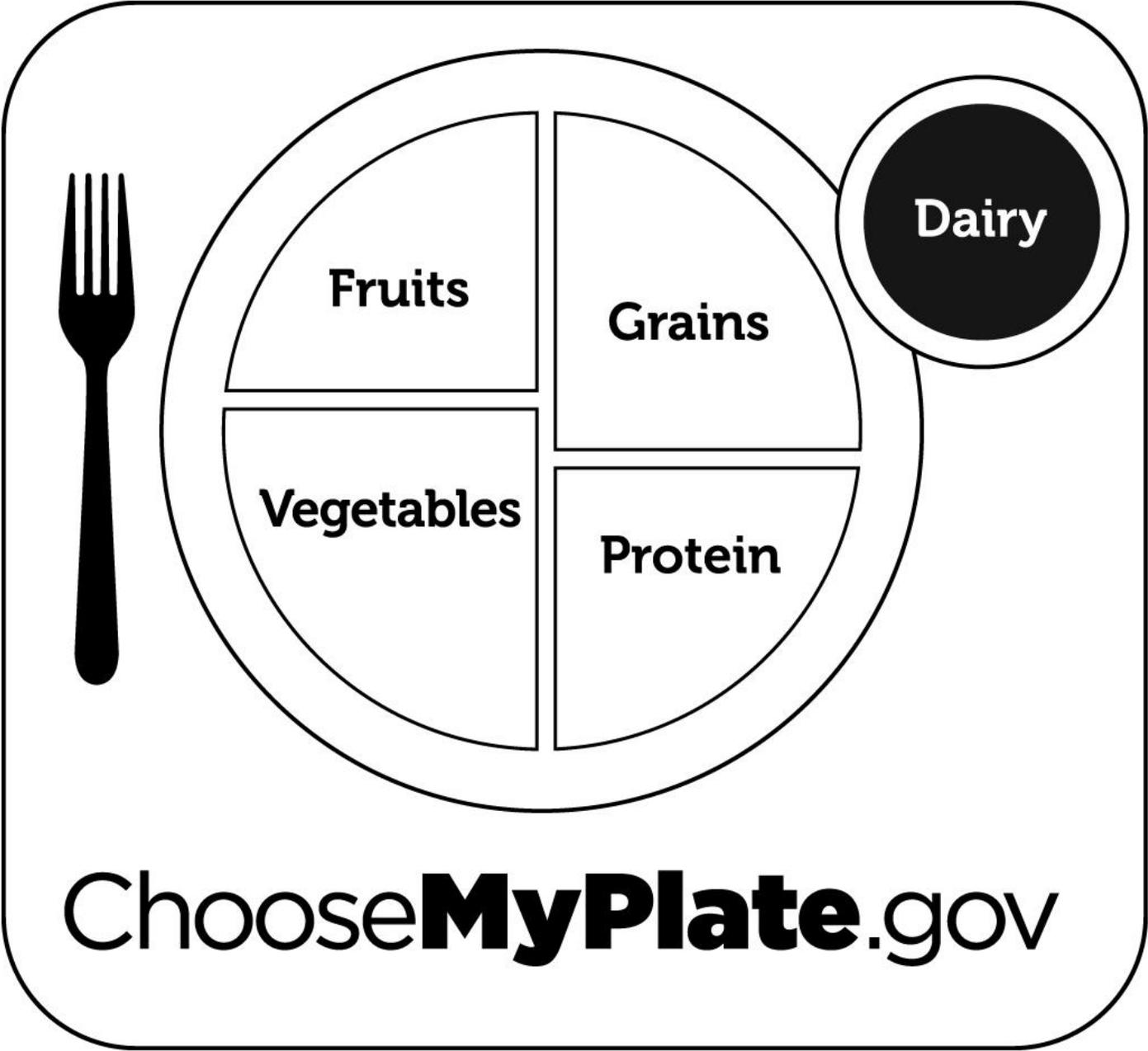
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# MyPlate Power BINGO



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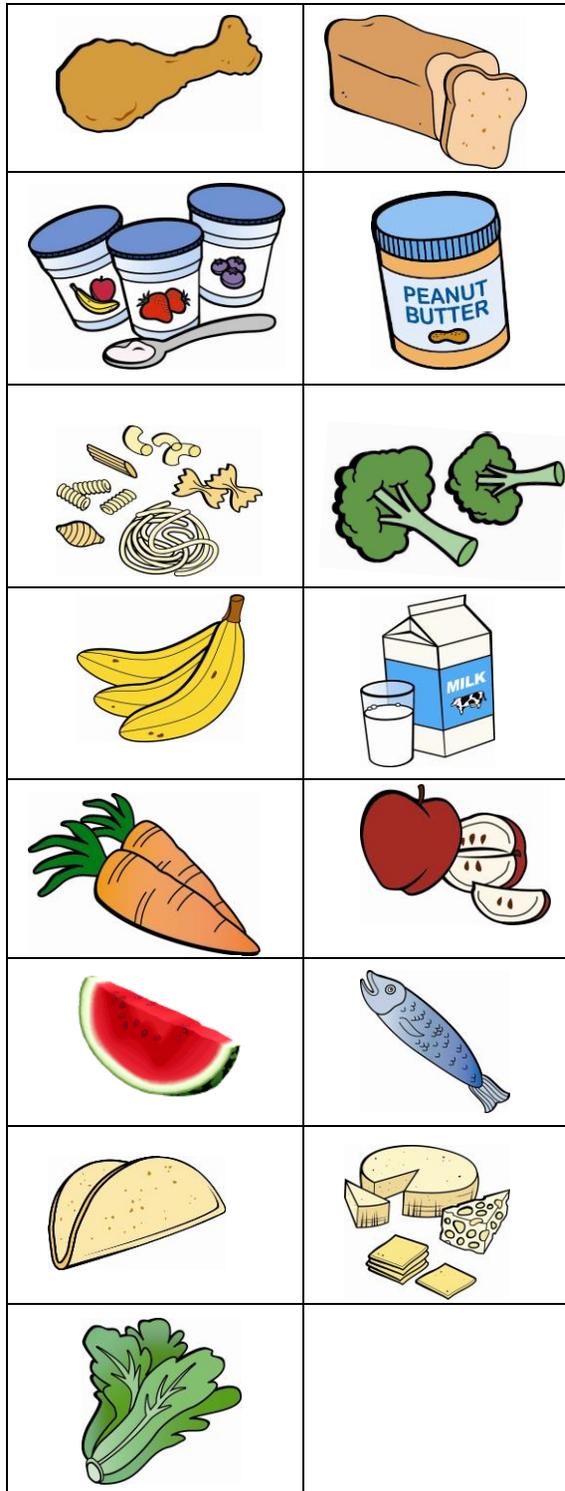
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# MyPlate Bingo Game Cards and Food List



## List of Foods:

Chicken Drumstick

Bread

Yogurt

Peanut Butter

Pasta and Noodles

Broccoli

Bananas

Milk

Carrots

Apples

Watermelon

Fish

Taco

Cheese

Greens