

VIBE ACTIVITIES

Healthy Recipe – Healthy Pizza page 23

HEALTHY
RECIPE

THIS DELICIOUS HEALTHY PIZZA RECIPE IS A GREAT ONE FOR THE WHOLE FAMILY FOR ALL OCCASIONS. IT'S PERFECT FOR ENTERTAINING FRIENDS, THE KIDS OR JUST YOURSELF. GO AHEAD AND HAVE FUN PUTTING A HEALTHY TWIST ON ONE OF THE WORLD'S YUMMIEST FOODS.



Healthy Pizza

A healthy alternative for when those pizza cravings just won't subside

Serves 1 INGREDIENTS

- * 1 x 20cm round wholemeal pita bread
- * ¼ cup fresh pureed tomato
- * 2 cloves garlic, finely chopped
- * ½ medium red onion, finely chopped
- * 50 grams grated light cheese
- * 2 medium-sized mushrooms, sliced
- * ½ zucchini, thinly sliced
- * Spray olive oil
- * 1 handful of baby spinach, rocket or chopped parsley, to garnish
- * 1 small handful of parmesan cheese, freshly grated

METHOD

1. Preheat oven to 200°C. Place the pita bread on a tray. Pop it into the oven for 2 minutes to crisp it up.
2. Spread ½ the pureed tomato on the bread. Sprinkle with garlic.
3. Arrange onions on top, then sprinkle with ½ the light cheese.
4. Arrange mushrooms and zucchini on top.
5. Sprinkle with the remaining light cheese and the remaining your tomato puree.
6. Lightly spray the pizza with olive oil.
7. Cook 10–12 minutes or until you can smell the garlic.
8. Top with baby spinach, rocket or parsley, and a sprinkle of parmesan. Serve warm.

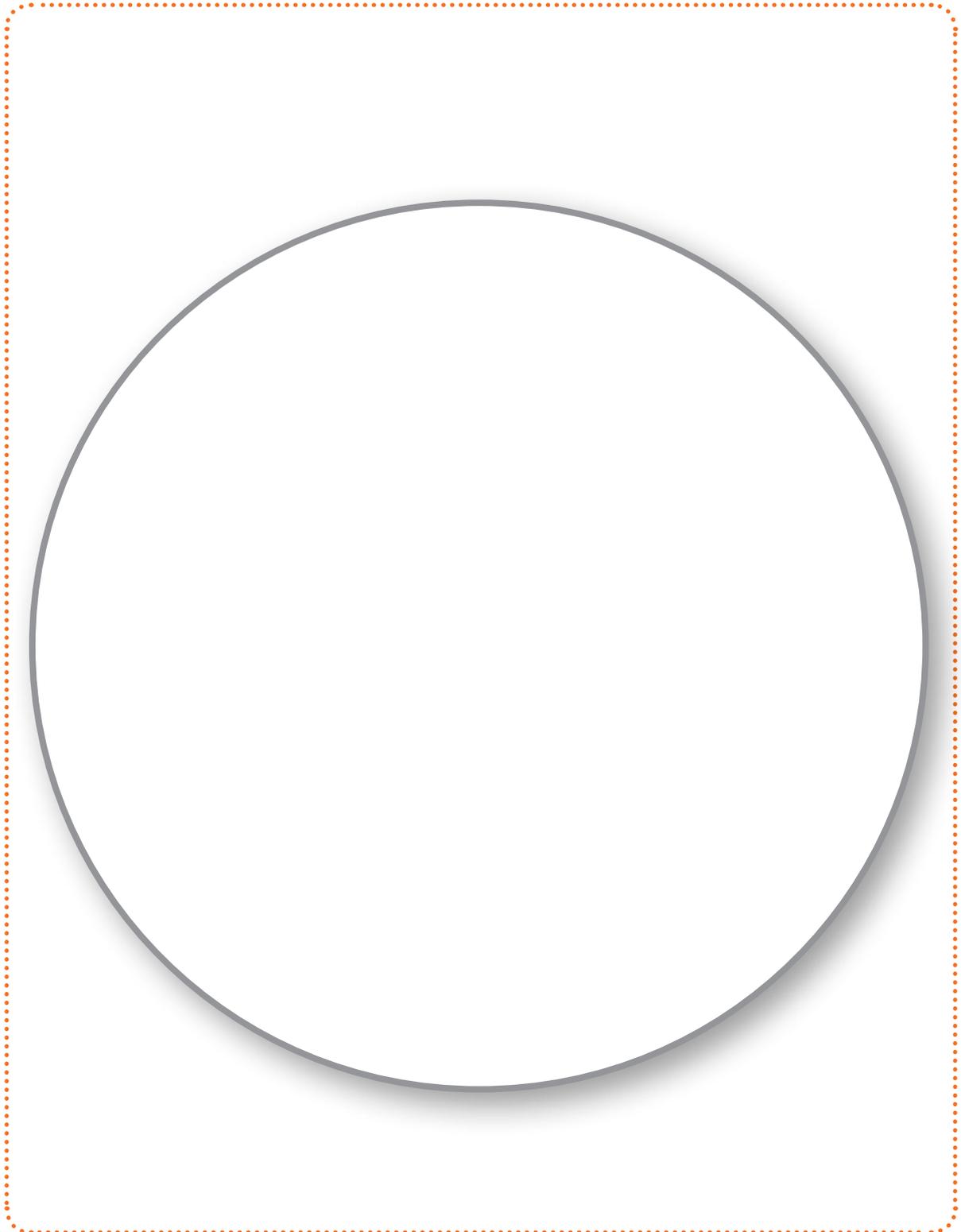
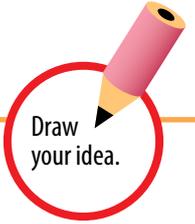


This pizza recipe is easy to make and it tastes great.
You can try out all your favourite toppings.

ACTIVITY 1

WHAT TYPE OF PIZZA DO YOU LIKE?

- 1 Use a ruler to divide this pizza into 8 equal pieces.
Draw your favourite toppings on each piece. Colour in the pizza.



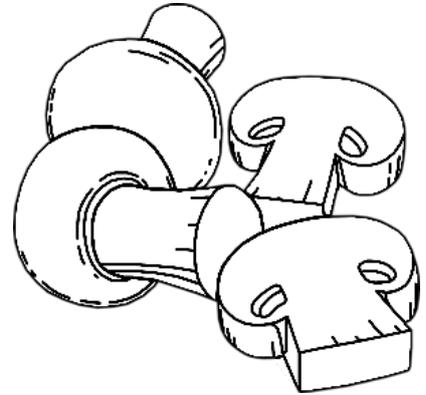
ACTIVITY 2

1 Draw a line to match these pizza toppings with their pictures.
Colour the pictures.

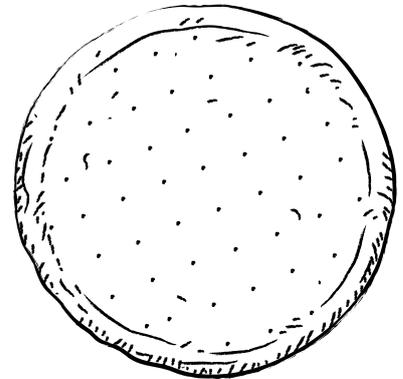
pita bread



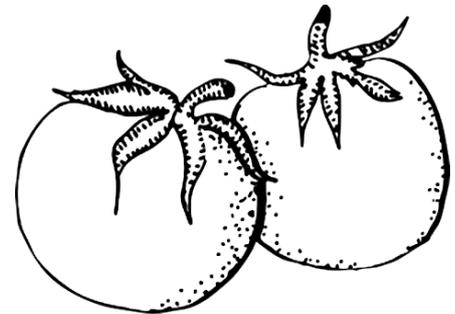
tomatoes



garlic



mushrooms



My favourite kind of pizza is _____.

ACTIVITY 3

WORD PAIRS

1 Draw a line to match these pairs of words.

tomatoes mushrooms
spinach
garlic tomatoes
mushrooms garlic

Which word is left over?

ACTIVITY 4

PREDICTABLE SENTENCES



1 Complete these sentences.

My pizza has _____ on it.

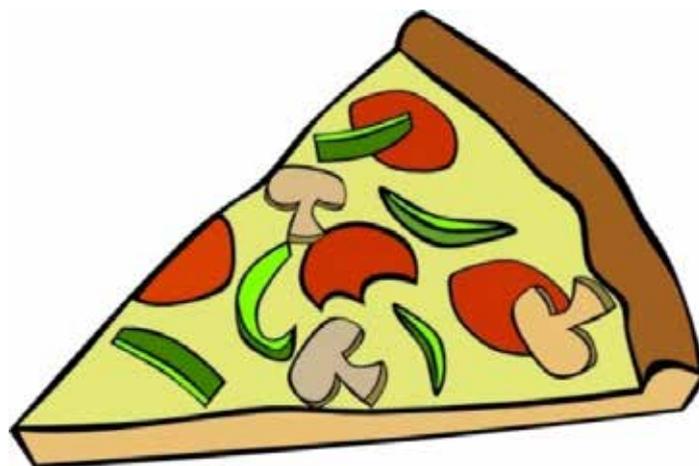
ACTIVITY 5

WRITING A PROCEDURE



- 1** A recipe is a procedure. It tells you how to make something.
 Fill in the vowels for the ingredients for making a tasty, healthy pizza.

1 p__t__ br__d
1/4 c__p fr__sh p__r__d t__m__t__
2 cl__v__s g__rl__c
50 gr__ms ch__s__
2 m__shr__ms



2 Draw the procedure.

Step 1

Put the pita bread in the oven for 2 minutes until crispy.

Step 2

Spread the tomato puree onto the bread and sprinkle with the chopped garlic.

Step 3

Sprinkle with some of the cheese.

Step 4

Add the chopped mushrooms and more cheese.

Step 5

Cook for 10–12 minutes.

Step 6

Serve with a salad.

ACTIVITY 6

PIZZA CRAFT

1 Cut out a large circle from cardboard for the pizza base.

Cut out the toppings from Activity 2 and glue them on the pizza base.

Cut out the word labels from Activity 3 and glue them next to their picture.

Add pictures of your favourite pizza toppings and add their word label.