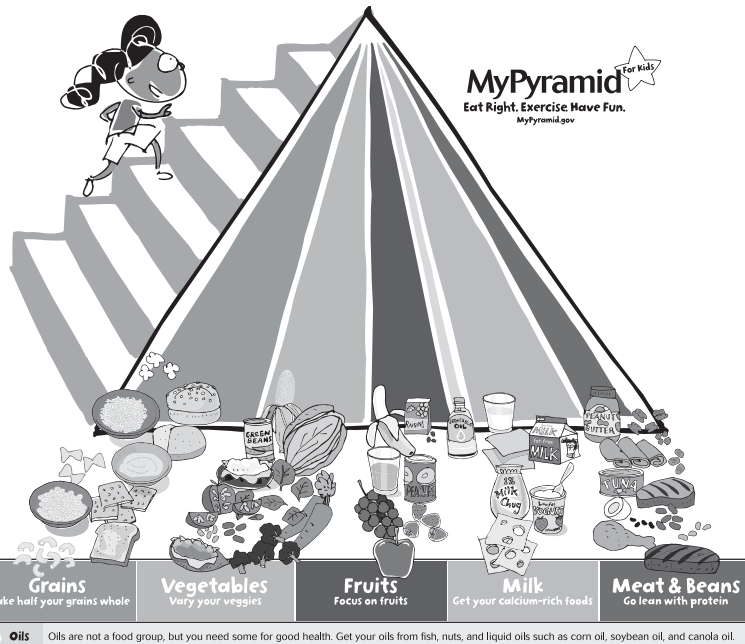


Preparing Balanced Meals

Intermediate

Pizza Time!

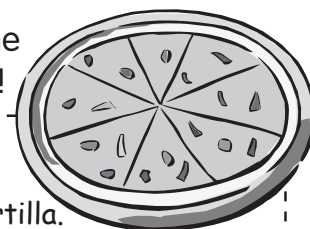


Build a Healthy Pizza

Using MyPyramid for Kids, pick your favorite ingredients to build a healthy pizza. Write each ingredient below. Make sure you have foods from all of the food groups!

Prepare a Healthy Pizza at Home

Take me home
and cook me!



1. Pre-heat your oven to 350°.
2. Start with a crust made of one of these: whole grain English muffin, pita or tortilla.
3. Spread the crust with pizza or tomato sauce.
4. Top it with ingredients from MyPyramid:
 - **Milk Group:** mozzarella, cheddar, provolone, feta or grated parmesan cheese
 - **Meat/Bean Group:** cooked shrimp, lean ham, cooked lean ground beef, cooked turkey, cooked turkey sausage, or drained canned beans
 - **Vegetable Group:** onions, mushrooms, broccoli, green or red pepper, olives, spinach, zucchini or eggplant
 - **Fruit Group:** pineapple or fresh tomatoes
5. Bake on a flat baking pan for 5-10 minutes or until cheese is melted and bubbly.
6. Carefully remove from oven with potholders.
7. Make a balanced meal by adding a green salad, a piece of fruit and a glass of water or 1% milk to your fun pizza.

1. Does your favorite pizza have an ingredient from each food group on the MyPyramid for Kids?

2. If not, what could you add to it, so that each food group is represented?

3. What healthy "side items" does your family make at home to build balanced meals?