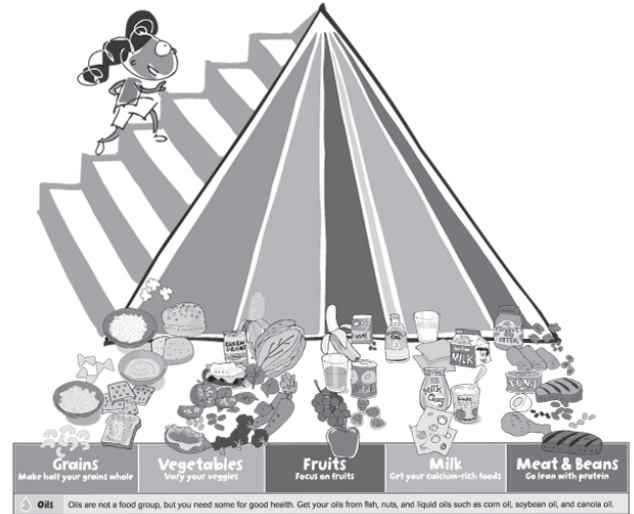


Pizza Time

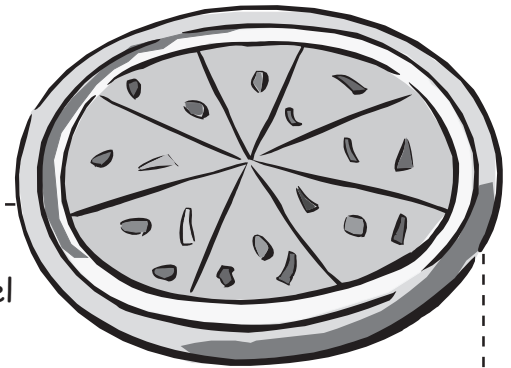
Preparing Balanced Meals

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!



Preparing a Healthy Pizza



1. Start with a crust made of whole or enriched grains. Choose one: ready-made pizza crust, English muffin or bagel
2. Spread the crust with pizza sauce
3. Top it with a least one ingredient from the various food groups:
 - **Milk (cheese):** mozzarella, cheddar, provolone, feta or grated parmesan
 - **Meats & Beans:** shrimp, anchovies, pepperoni, ham, cooked ground beef, cooked turkey or cooked Italian sausage
 - **Vegetables:** onions, mushrooms, broccoli, green or red pepper, olives, spinach or eggplant
 - **Fruits:** pineapple or fresh tomatoes
4. For ready-made pizza crust: oven bake at 425 degrees for 10-12 minutes, or until cheese is melted and meats are thoroughly cooked.

For English muffin or a bagel: oven bake at 350 degrees for 5-10 minutes or until cheese is melted and meats are thoroughly cooked.

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

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