

Lesson 10



Power Panther Eats Pizza with Fruits and Vegetables

Key Messages:

EAT SMART: I am learning to put my favorite fruits and vegetables on pizza.

PLAY HARD: I am learning how to move with hard, medium and soft force.

Suggested book for this lesson:

Pizza Pat*

Rita Golden Gelman

Other suggested books:

Little Nino's Pizzeria, Karen Barbour

Pancakes, Crackers, and Pizza: A Book About Shapes,

Marjorie Eberts and Margaret Gisler

The Little Red Hen Makes a Pizza,

Phileman Sturges and Amy Walrod

Pizza Party, Grace Maccarone



*book included in tote bag

CACFP snack ideas:

 Fresh Veggie Pizza (recipe on page 84), milk

 Mini Fruit Pizza (recipe on page 82), orange juice

 Breakfast pizza



EAT SMART Activities

I am learning to put my favorite fruits and vegetables on pizza.

Introducing Pizza at Circle Time

Getting Ready:

Purchase refrigerator biscuits (1/child), jar or can of pizza sauce, shredded cheese, and several vegetables for topping pizza. Wash and finely chop vegetables.

Procedure:

Read *Pizza Pat*. Discuss the book with the children. Pizza Pat showed us how to make a pizza that is good for people to eat. Ask these questions:

- What do you like to eat on your pizza? Talk about each group of foods on a pizza---bread, meat, fruits and vegetables, milk (cheese in the milk group or drink milk with pizza). Discuss the pictures of pizza toppings on page 87.
- Do you think animals eat pizza? If they did eat pizza, what foods would they like on the pizza? Let's think about what different animals would eat on their pizzas--birds, rabbits, monkeys, frogs, dinosaurs.

Have children make individual pizzas using refrigerator biscuits and their favorite toppings. Bake and eat as part of a CACFP snack.



EAT SMART Stretcher Activities

- Visit a pizza restaurant to learn how pizzas are made.
- Have children make **Mini Fruit Pizzas** on vanilla wafers spread with flavored cream cheese and topped with their favorite fresh fruits.
- Make Bubble Pizza from refrigerator biscuits cut in fourths and placed in a greased 9 x 13 inch baking pan. Top with pizza sauce, vegetable toppings, and shredded mozzarella cheese. Bake at 350 approximately 20 minutes.
- Pizza and Pat start with the letter "P". Ask if anyone's name starts with "P". Look around the room and name objects that start with "P".

PLAY HARD Activities

I am learning how to move with hard, medium and soft force.

PLAY HARD - Pizza on the Floor

Materials needed:

Tape
Pictures of fruits and vegetables
Small paper sack
Power Panther sticker
Bean bags



Getting Ready:

Place a Power Panther sticker on the paper bag to create the puppet. Outline a large pizza wedge on the floor using tape.

Procedure:

Have the children help place their favorite fruit or vegetable on top of the piece of pizza. Tape the pieces down to make them more secure. Have one child use the Power Panther puppet to call out a vegetable or fruit, and a degree of force (hard, soft, medium). Have the other children try to get their bean bag to land on that vegetable or fruit by throwing, tossing or dropping their bean bag according to directions. Take turns being Power Panther and tossing the bean bags.

PLAY HARD - Pizza Delivery*

Materials needed:

Paper plate
Markers or pictures of pizza

Getting Ready:

Make a pretend pizza by gluing pizza pictures or drawing toppings on a paper plate.



Procedure:

Instruct children to sit in a circle. One child is "it" and walks (runs, hops, skips, marches) around the outside of the circle carrying the pizza. The "it" places the pizza behind someone and touches them on the back, saying, "Ding Dong". The rest of the children say, "pizza delivery". The person with the pizza behind him stands, picks up the pizza and walks (runs, hops, skips, marches) around the circle. The previous "it" takes a place in the circle. The game continues until everyone has delivered the pizza.

***This activity was a favorite from Berry Berry Good.**

Enhancement Activities

EAT SMART - Fresh Veggie Pizza

Note: Quantities are for individual portions

Ingredients:

- 2 tablespoons low fat sour cream or plain yogurt
- 1 teaspoon dry ranch dressing mix
- 1 (7 inch) flour tortilla
- 2 tablespoons shredded cheddar cheese

Fresh vegetable toppings may include: chopped broccoli, shredded carrots, diced cauliflower, green or red pepper strips, sliced zucchini, grape tomato halves.



Materials needed:

- Bowl or container for each vegetable, sour cream mixture, and grated cheese
- Utensil for each bowl/container
- Measuring spoons
- Paper plate – 1/child
- Plastic knives or tongue depressors for spreading

Getting Ready:

Wash and finely chop all vegetables in advance and have available in bowls for the children to select. Mix together sour cream or yogurt with dry ranch dressing mix.

Procedure:

Have children spread the sour cream mixture on the tortilla. Have the children choose at least 3 different colors of toppings. Top with the cheese and slightly press the toppings into the sour cream. You may suggest that they fold the “pizza” in half to eat.

Math or Science Activity - Pizza Counting

Pizza counting is a fun activity for the math or science area. Using small paper plates create a number pizza by drawing a different number of “toppings” like green triangles, red circles and orange squares on each. Have the children count the number of each type of “topping”.

Variation:

Using numbers from one to ten, write a different number on small paper plates. Have children add small pieces of colored paper to correspond to the number on the plate.

Enhancement Activities

Singing and Dancing

Song: Pizza Pat Made a Pizza (tune: Old McDonald Had a Farm)

Pizza Pat made a pizza
Ei-I-Ei-I-O
And on his pizza he put some _____
Ei-I-Ei-I-O
With a little _____ here
And a little _____ there
Here's the _____, there's the _____,
Everywhere cheese and _____,
Pizza Pat made a pizza
Ei-I-Ei-I-O.



Give me 5 a day! CD

Track #3 - Snack Smart Move More



Teacher Notes



Pizza



