

Rainbow vegetable pizza

This activity will support children to make healthy choices and offers them the freedom to create something however they want!

Learning aims

- Making healthy choices
- Being independent
- A positive sense of self and self-esteem
- Communicating with others
- Taking turns and sharing.

Resources

- Pizza dough or ready-made pizza base
- Mixing bowl
- Flour
- Water
- Rolling pin
- Different shaped cutters
- Chopping boards
- Children's knives
- Baking trays
- Variety of coloured vegetables e.g. cherry tomatoes, peppers, red onion, broccoli, sweetcorn etc.
- Passata, tomato puree or other tomato sauce base
- Grated cheese
- A camera.



Activity Outline

- Encourage children to wash their hands and prepare the cleaned table with ingredients and resources
- Display whole vegetables alongside ready chopped ones so children can see them in their natural form. Get children to help prepare some of the vegetables by washing them and chopping softer vegetables with age-appropriate knives
- Ask children if they can name the vegetables. Give the children the option of trying a vegetable of their choice; ask them to describe what it tastes like
- Encourage children to rewash their hands after eating and before cooking
- If you're making the pizza dough yourself talk through the recipe with children. Encourage them to take turns mixing and notice how the dry ingredients change form as water is added. What can they smell, feel and see?
- Use descriptive language to describe the dough as it changes e.g soft, sticky etc.
- Share the dough between the children and support them to roll out their pizza base; let them choose which shape they would like their base to be
- Help children put their pizza bases on a baking tray and support them to spread the tomato sauce on top
- Allow children to choose vegetables and create their own pizza. Give them time to be creative and give lots of praise for their efforts!
- When they have finished making their pizza, help them sprinkle cheese on the top if they want
- Encourage children to take a photo of their pizza - they could also take a photo once cooked
- Whilst the pizzas are in the oven, encourage children to help tidy up and set the table for eating
- Let the children enjoy eating their colourful rainbow pizzas!



Extending the activity

- Make a display
- Record children's likes and dislikes on a chart
- Use visual aids so all children can express themselves
- Make something with fruit e.g. a fruit tart
- Hold a parent's session so children and parents can cook together.