



# Sage Educational Trust

## Sage Family Support

### Pizza - Lesson Plan

<b>Learning Point</b>	<p>The learning points for the session include:</p> <ul style="list-style-type: none"><li>• Finding a healthier way to enjoy a world famous dish that is often full of fat and calories.</li><li>• Discovering where the ingredients originate from</li><li>• Having choice as to which ingredients are used</li></ul>
<b>Activities</b>	<p>3.30 pm – Meet and greet. The table is laid and aprons are given out. The students will wash their hands and will be talked through health and safety procedure. Equipment is named and given out.</p> <p>3.35 pm – The pizza bases are pasted with tomato puree. The students select which toppings they would like to include on their pizzas. They then begin to slice up the mozzarella and chosen ingredients. Each one should be talked about.</p> <p>3.45 pm – The toppings are placed onto the base. Each student will be designing their own individual pizza and it is important that they make their own decisions. Constructive suggestions from the adults are welcome</p> <p>3.55 pm – Once prepared the pizzas are placed onto baking trays and into the oven at gas mark 5. The students will use the time that they are cooking to talk about what they have learned from the session. They will then begin to tidy up and clean the tables etc.</p> <p>3.20 pm – The pizzas are removed from the oven and given to the students, making sure each student has their own bespoke pizza.</p> <p>3.30 pm – Close.</p>
<b>Props /equipment</b>	<p>Pizza Cutter Baking Trays Bowls Knives Pizza Bases Tomato Puree Oregano Mozzarella Sausage Peppers Red Onion Mushrooms Sweetcorn Chicken</p>
<b>Plenary</b>	<p>The students will have learned to create a healthier alternative to the much loved pizza dish. They will have learned about each ingredient and the benefits, origins and history of them.</p>