

The Eatwell Guide Pizza Challenge

S1/2

Just before you get started

You can access the recipe book on the website in the HWB tab and in Learning. If you have permission, why don't you try some recipes out.

Also, check out the HWB Twitter and Instagram pages, where you can see some of what the HWB staff are up to with cooking and exercise

Twitter – [HWB@WHEC](#)

Instagram – [whec_hwb](#)



The Eatwell Guide

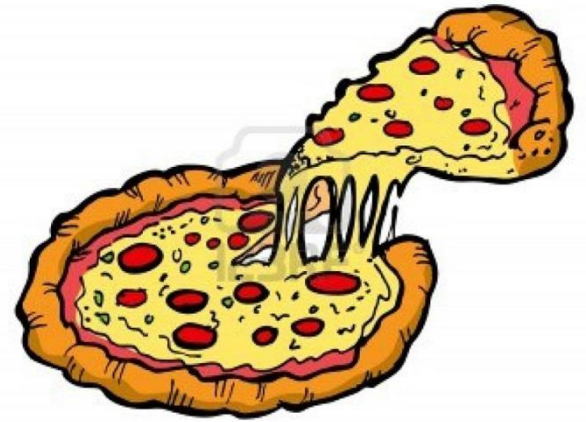
- In class you have learned a lot about healthy eating and the Eatwell Guide. Your task for the next two weeks is to design a pizza that includes all sections of the Eatwell Guide.

Activity 1

- As a starter task can you, on a sheet of paper (word document or paper) draw the Eatwell Guide and put all the foods you eat into it, in the correct sections.

The Eatwell Guide is shown opposite to help you



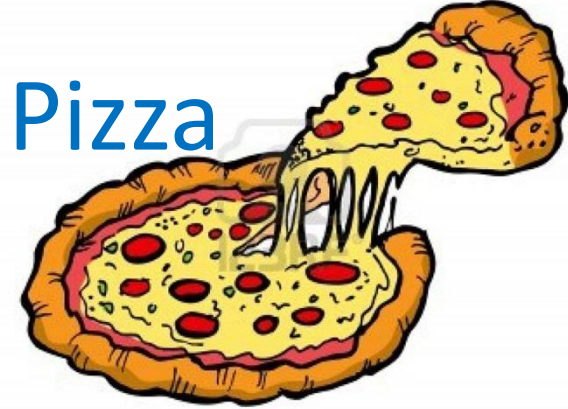


Design a Pizza



Design your favourite Pizza

Activity 2



On a piece of paper or word document – design your Eatwell Guide Pizza.

You are to draw and label your pizza and include the following information on it. Remember it must have the 5 sections of the Eatwell Guide on it. Choose your base

(Thin & crispy, Deep pan, Stuffed crust)

2. Choose your toppings

(Cheese, ham, pineapple...put your favourite toppings on it)

3. Choose a design for your pizza

(round, square, triangle, star)

4. List your ingredients at the side of the picture and tell me what section of the Eatwell plate they belong to

For Example – Thin and crispy Ham and Pineapple pizza

Cheese – Dairy section of Eatwell Guide

Ham – Protein section of Eatwell Guide



Pineapple – Fruit and Vegetable section of Eatwell Guide

Base – Carbohydrate section of Eatwell Guide

Garlic Oil drizzle – Oils and Spreads section of Eatwell Guide

Make sure you colour your pizza in so we know what toppings you have on it :)

Marketing your pizza

Activity 3

On a piece of paper or word document

1. Design suitable packaging for your pizza.

Make sure it is eye catching so people will want to buy it.

2. Create a catchy advertisement slogan...



Some Packaging ideas



Your Packaging for your pizza should include

1. Name of the pizza. (so they know what is to buy it again)
2. Ingredients...cheese, ham, pizza dough, tomatoes etc. (to highlight allergies)
3. Expiry date: Best before or Use by? (how long it can be kept for)
4. Cooking instructions. (how long to cook it for, where to cook it and what temperature)
5. Storage of the pizza. (where it should be stored)

If you are unsure, find a pizza box and have a look at all the information on it. Can either use google or find one in your home?



*For
Example
– Thin
and
crispy
Ham and
Pineapple
pizza*

Ingredients – ham, pineapple, tomato sauce, wheat base, cheese, onion, mixed herbs.

Expiry date - 13.01.21 (make one up)

Cooking instructions – Oven cook from chilled at 200c for 10 mins.

Storage – Keep in the fridge.

You are complete

- Once you have completed all these tasks email them to your Home Economics Teacher.
- Miss Paton -
Mhari.Paton@whec.edin.school.uk
- Miss Tugman -
Lorna.Tugman@whec.edin.sch.uk
- Mrs Baird –
Hazel.Baird@whec.edin.sch.uk

Task Complete



Practical Activity



If you have parental/Guardian permission

- Try and make your pizza at home
- Recipes can be found in the Home Economics page on the website (Health and Wellbeing faculty)
 - Mini yeast pizzas page 22 of recipe booklet

Quick Variations of pizza bases

- Naan breads
- Pitta breads
- Bread slice
- French baguette/panini (p45 of recipe booklet)