
Objectives:
1. Students will learn how to make a healthy pizza by incorporating all the food groups from the Food Guide Pyramid and using the words moderation, variety and balance.
2. Have students create their own salad for their parents.
3. Students will learn and practice their dance for open house on the last day of class.

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| Activity 1: (70 min) Cooking Time! | • The day before class, have students take out the whole wheat pizza doughs from the freezer. Let them defrost overnight so the students will be able to make the healthy pizza on cooking day.  

• Have students get into their original groups, and have them make a healthy pizza by incorporating all the food groups from the Food Guide Pyramid and utilizing the words moderation, variety and balance.  

• Do not bake the pizza until the day of open house.  

• Have students cut, chop and dice ingredients for the salad. Do not allow the students to mix the ingredients together or add any dressing until the day of open house. | NO RECIPE NEEDED | COOKING UTENSILS  
• Pizza pans  
• Cutting boards  
• Knifes  
• Bowls  
• Spoons  
• Ladles |
**Note:** You do not need to have a recipe for the salad or pizza. Have each group of students create their own salad and pizza. Let them come up with the recipe!

| Activity 2: (30 min) Exercise time! | • Have students learn and practice their dance for the open house on the last day of class with the interns. |
Whole Wheat Pizza

Ingredients
- 1 teaspoon white sugar
- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon active dry yeast
- 1 tablespoon olive oil
- 1 teaspoon salt
- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour
- Favorite toppings

Directions
1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. Top pizza with your favorite toppings, such as sauce, cheese, meats, or vegetables.
5. Bake for 16 to 20 minutes (depending on thickness) in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.