

Being Healthy

It is important that we try and live a healthy lifestyle to keep us safe and well.

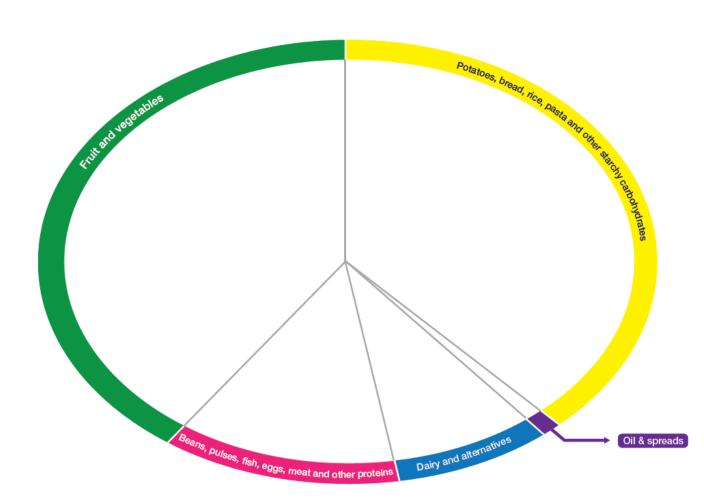
Can you think of 3 things we need to be healthy?	
1.	
2.	
3.	
Can you draw a picture below of what being healthy means to you?	
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Using the Easy Peasy Pizza recipe use your detective skills to match the ingredients it contains to the sections of the Eatwell Guide below.

If you were making this pizza recipe, would you change or add to any of the toppings?

Think about what you might serve with your pizza to make it a balanced meal e.g. coleslaw or a salad. Could you make the pizza for your tea?



EASY PEASY PIZZA

Serves: 2 (children) Cost per serving*: 56p
Portions of fruit and vegetables per serving: 2

Allergens: Wheat | Gluten | Milk

Equipment: Chopping board, sharp knife, 3 x dessert spoon, Table spoon, fork, mixing bowl, rolling pin (optional), baking tray.

Ingredients

- 70g self raising flour, plus extra for rolling
- 50ml natural fat free yogurt
- ½ tin chopped tomatoes with herbs
- 1 tbsp. tomato puree
- 50g reduced fat mozzarella cheese, grated
- 3 large mushrooms, cleaned
- 2 tbsp. sweetcorn, drained
- ½ pepper (yellow, red or orange)

Each 566g portion contains:

42%	51%	49%	11%	7%
839kcal 3517kJ	36 ₉	9.7g	9.5 _g	0.449
ENERGY	FAT	SATFATS	SUGARS	SALT

of an adult's reference intake Typical energy as sold per 100g: 148kcal/621kJ

Method

- 1. Preheat the oven to 200°C/180°C (fan)/Gas 6.
- 2. Put the self-raising flour in a bowl and stir in the yogurt, first with a fork and then bring together to form a dough with your fingertips and knead lightly.
- 3. Turn out the dough on a lightly floured surface and divide the dough into 2 pieces.
- 4. Roll out each piece into a circle about 15 cm and place on a baking sheet.
- 5. Spoon one dessert spoon of tomato puree onto the base and spread evenly. Repeat with the chopped tomatoes.
- 6. Top with a little mozzarella and then your chosen toppings.
- 7. Cook in a preheated oven for 8-10 minutes.



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*Cost based on average of three supermarket's website data 16/03/2021 (full price items only) - prices may vary.

