

Home-Made Pizza

You will need -

Chopping Board
Knife and/or Scissors
Fork (depending on your chopping/cutting skills)
Spoon
Oven/Pizza Tray
Bowl - for your food waste

Ingredients –Base

(These are suggestions, use any ingredients you like, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

Make your own
Pre-Made Bases
Pitta Bread
Tortilla Wraps

Toppings-

Tinned Chopped Plum Tomatoes
Low Fat Mozzarella Cheese
Peppers
Mushrooms
Bacon (Pre-cooked)
Basil

All vegetables whether tinned, frozen, dried or fresh, count towards your 5 portions a day

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. Pre-heat your oven to around 180/200 degrees depending on the base you are using (thinner = lower heat)
2. Decide which type of pizza base you are going to use. For a healthy pizza thinner bases made with wholemeal are best
3. Place your chosen base on your tray
4. Use a spoon to spoon out your tinned tomatoes onto your base and spread with the back of your spoon
5. On your chopping board, cut your mozzarella in half using your bridge hold
6. Place half of the mozzarella flat side down and chop into small sections using either the fork hold or claw grip
7. Place the cheese equally on your pizza
8. Pull your pre-cooked bacon into smaller pieces and place equally on your pizza
9. Chop a bell pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on your chopping board and use the fork hold or claw grip to slice into sections
11. Chop your mushrooms in half using the bridge hold
12. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
13. Place the slice evenly on top of your pizza
14. Pull off 3/4 leaves of basil from the stalk, roll together and cut using the scissors
15. Sprinkle over the top of the pizza

Cooking -

1. Place your pizza tray in the centre of your pre-heated oven
2. Depending on the thickness of your base cook for between 15—25mins

Notes -

If not eating immediately, eat within 24hrs from fresh or freeze for future consumption before cooking.

Find more recipe cards and cook-a-long videos at -

www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme