



Perfect Pizzas!

Today we will be...

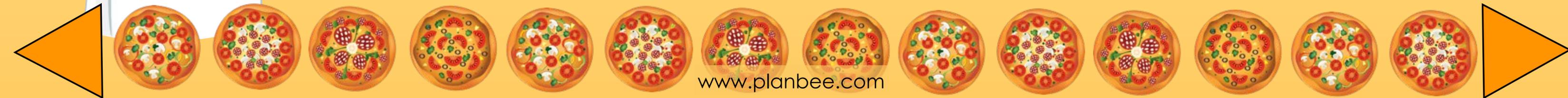
Examining, describing and categorising a variety of pizza toppings.





Pizza toppings are the things
you put on your pizza.
Can you think of any pizza
toppings?

Think, pair, share your ideas.





Can you guess
the pizza
topping?

Think,
pair, share
your
ideas.



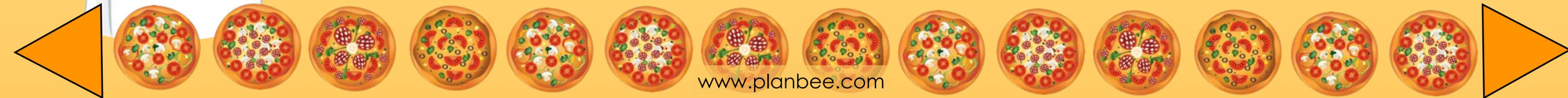


It was a
cherry
tomato!
Can you guess
this pizza
topping?





It was
mozzarella
cheese!
Can you guess
this pizza
topping?





It was
pepperoni!
Can you guess
this pizza
topping?





It was a mushroom!
Can you remember what this is and what it shows?





Bread, rice,
potatoes and pasta

Fruit and
vegetables

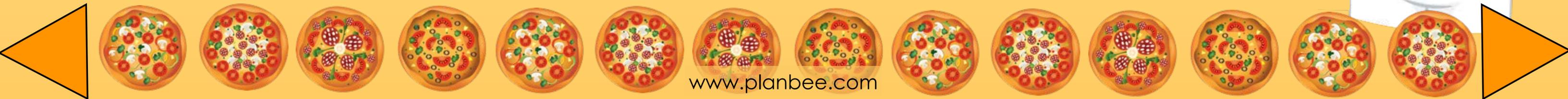


Meat, fish,
eggs, beans

Milk and dairy
food

Fatty and sugary
food and drinks

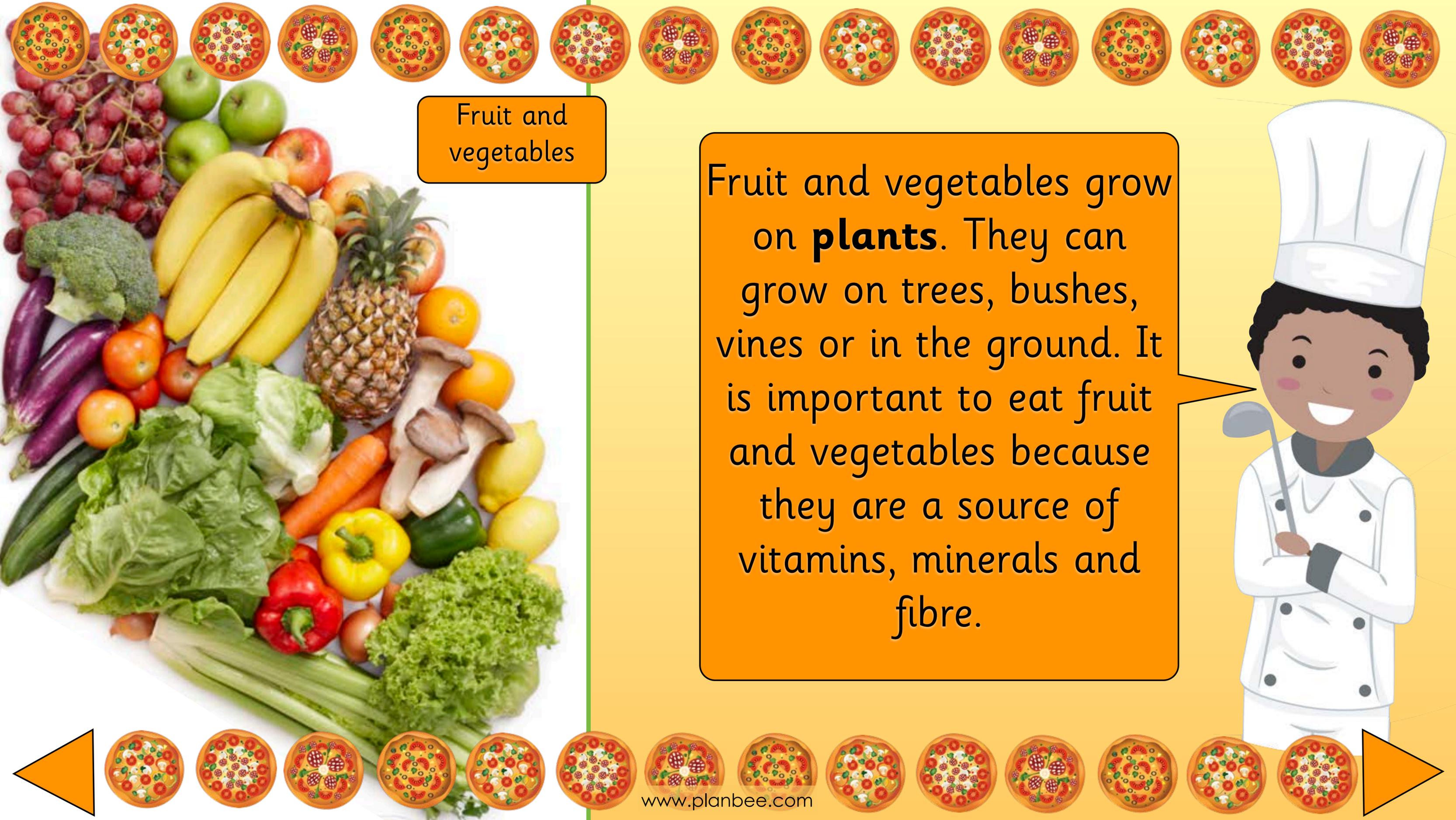
It is a balanced
plate. The food on
it is grouped into
categories. Where
does the food
come from and
why should I eat
food from each
group?





Which food group is this?
Where do these items come from?





Fruit and vegetables

Fruit and vegetables grow on **plants**. They can grow on trees, bushes, vines or in the ground. It is important to eat fruit and vegetables because they are a source of vitamins, minerals and fibre.





Which food group is this?
Where do these items come from?





Most of the food in this group is made up of meat, fish and other **animal products** like eggs. People who don't eat these foods can get protein from nuts, beans and lentils. Protein is important for your body to grow and repair itself.

Meat, fish, eggs, beans





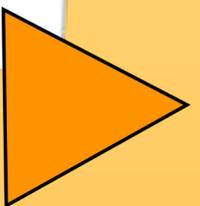
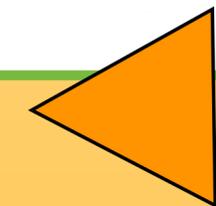
Which food group is this?
Where do these items come from?





Milk and dairy food

Dairy products like milk, yogurts and cheese are good sources of calcium and protein. Calcium helps to keep our bones strong. People who can't have dairy products can have soya and tofu. Most dairy products come from **animals** like cows.





Which food group is this?
Where do these items come from?





Starchy foods or carbohydrates can be bread, pasta, potatoes or cereal. Processed foods like bread are made up from lots of different ingredients like flour. The ingredients needed grow on **plants**.



Bread, rice, potatoes and pasta



If you are tasting toppings today click here to look at food hygiene.



If you are not tasting toppings today click here to go to the plenary.





Today we will be exploring and tasting some different pizza toppings. What do we need to make sure we do when we are working with food?

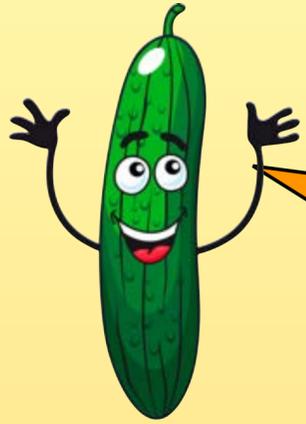


Think, pair, share your ideas.





We need to make sure we stay **safe** and that we work **hygienically** when we work with food.

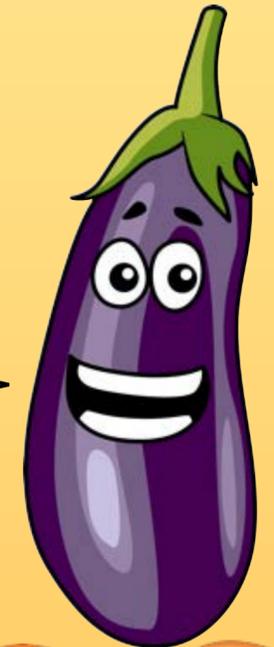


Always wash your hands before working with food.

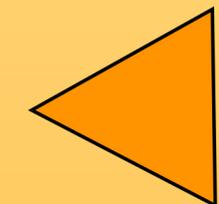
Make sure your work surfaces are clean.



Make sure you tie long hair back and take any jewellery off.



If you are using knives to cut foods, make sure you stay at your table. You shouldn't walk around with sharp objects.





Plenary

Is this a healthy diet?
Think, pair, share your ideas.

Monday



Tuesday



Wednesday



Thursday



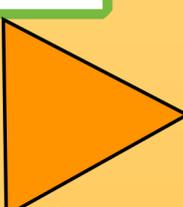
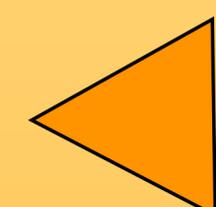
Friday



Saturday



Sunday

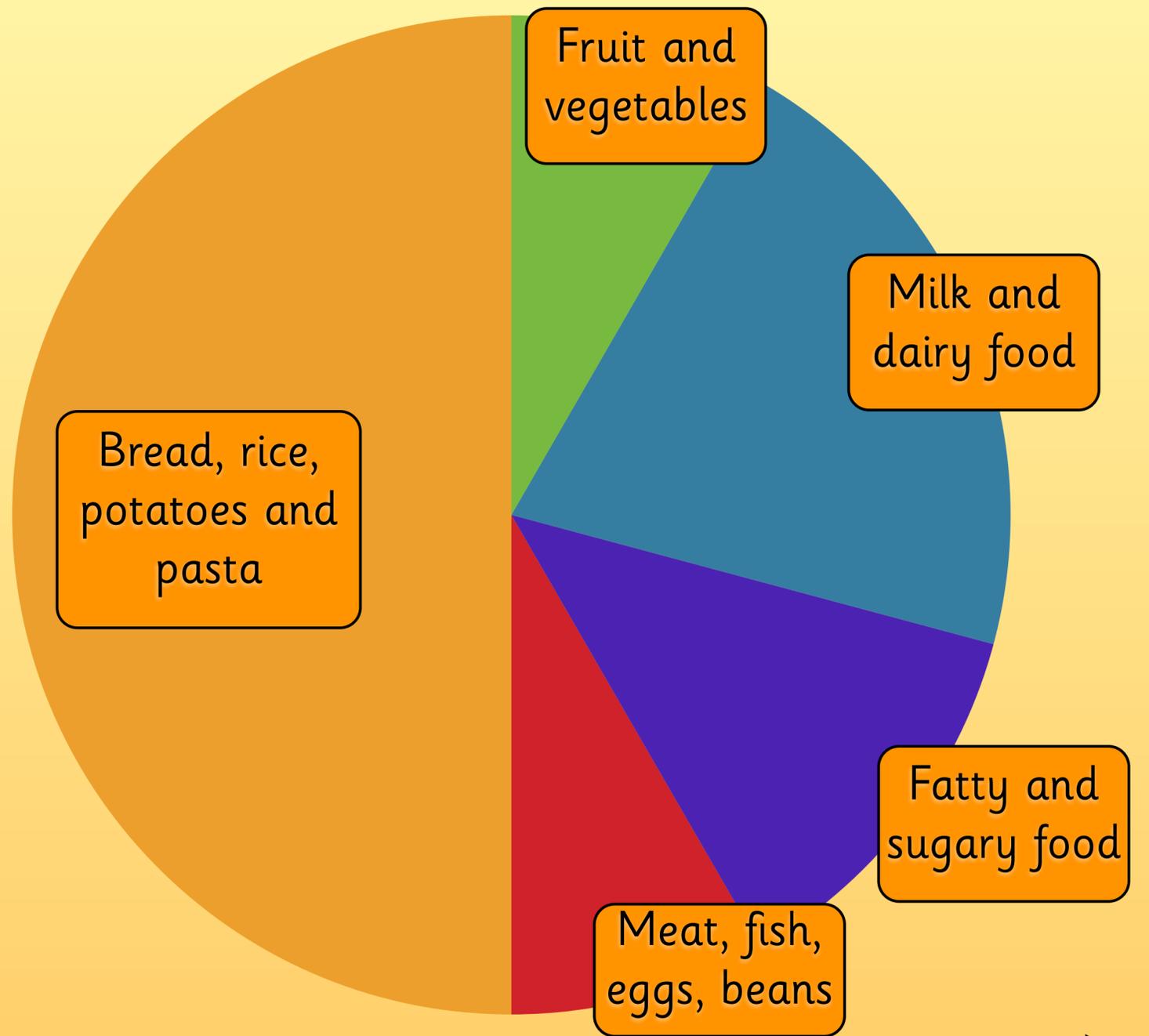




This shows how much of each food group I ate this week.

How many different types of food did I eat from the starchy bread, rice, potatoes and pasta group?

How does my plate compare to the recommended balanced plate?





Is this a healthy diet?
Think, pair, share your ideas.

Monday



Tuesday



Wednesday



Thursday



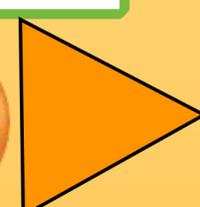
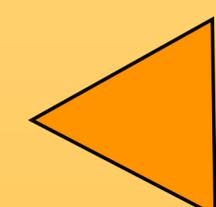
Friday



Saturday



Sunday





This shows how much of each food group I ate this week.

Have my meals been more balanced this week?

Have I eaten a variety of foods from each food group?

How does my plate compare to the balanced plate?

