



Perfect Pizzas!

Today we will be...

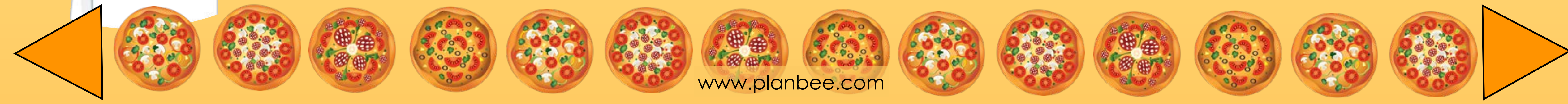
Designing a balanced healthy pizza.





Why do you
think eating a
balanced diet is
important?

Think, pair, share
your ideas.





Bread, rice, potatoes and pasta are a source of carbohydrate, fibre and iron. Carbohydrates are our main source of energy and iron is important for our red blood cells.

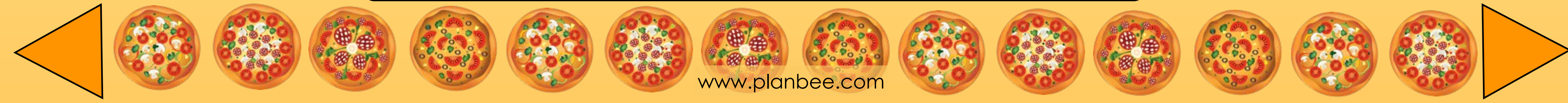
Meat, fish, eggs, beans are a source of protein. Protein is needed to build and repair our hair, muscles, nerves, skin and nails.



Fruit and vegetables are a source of vitamins, minerals and fibre. Fibre helps you to go to the toilet regularly, while vitamins and minerals help to keep your body healthy and working efficiently.

Milk and dairy food are good sources of calcium and protein. They help to keep our bones and our teeth strong. Calcium helps your blood to clot when you have a cut.

Fatty and sugary food and drinks should make up the smallest amount of food we eat. Fat helps to transport some vitamins around our bodies and sugar is a source of energy.



If we do not eat a balanced diet our bodies will not get the nutrients they need to work efficiently. What might happen if you do not eat enough fruit and vegetables?



If you don't eat enough fruit and vegetables
you might find you are going to the toilet
less often and become constipated.



What might happen if you do not eat enough meat, fish, eggs, beans and other sources of protein?



If you don't get enough protein you might find that your hair and nails take longer to grow, and that your skin and muscles take longer to recover when they have been damaged.

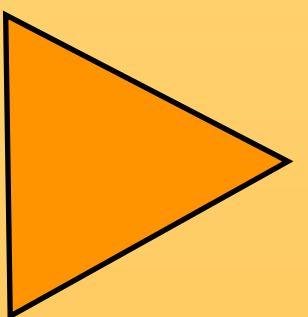
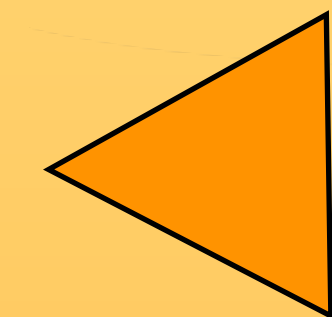




You are going to design your own perfect pizza. The best designers think about who will eat their pizza and how it will look when they are deciding which ingredients to use.



If your design is good enough it could end up being used in a local restaurant or sold in a shop!



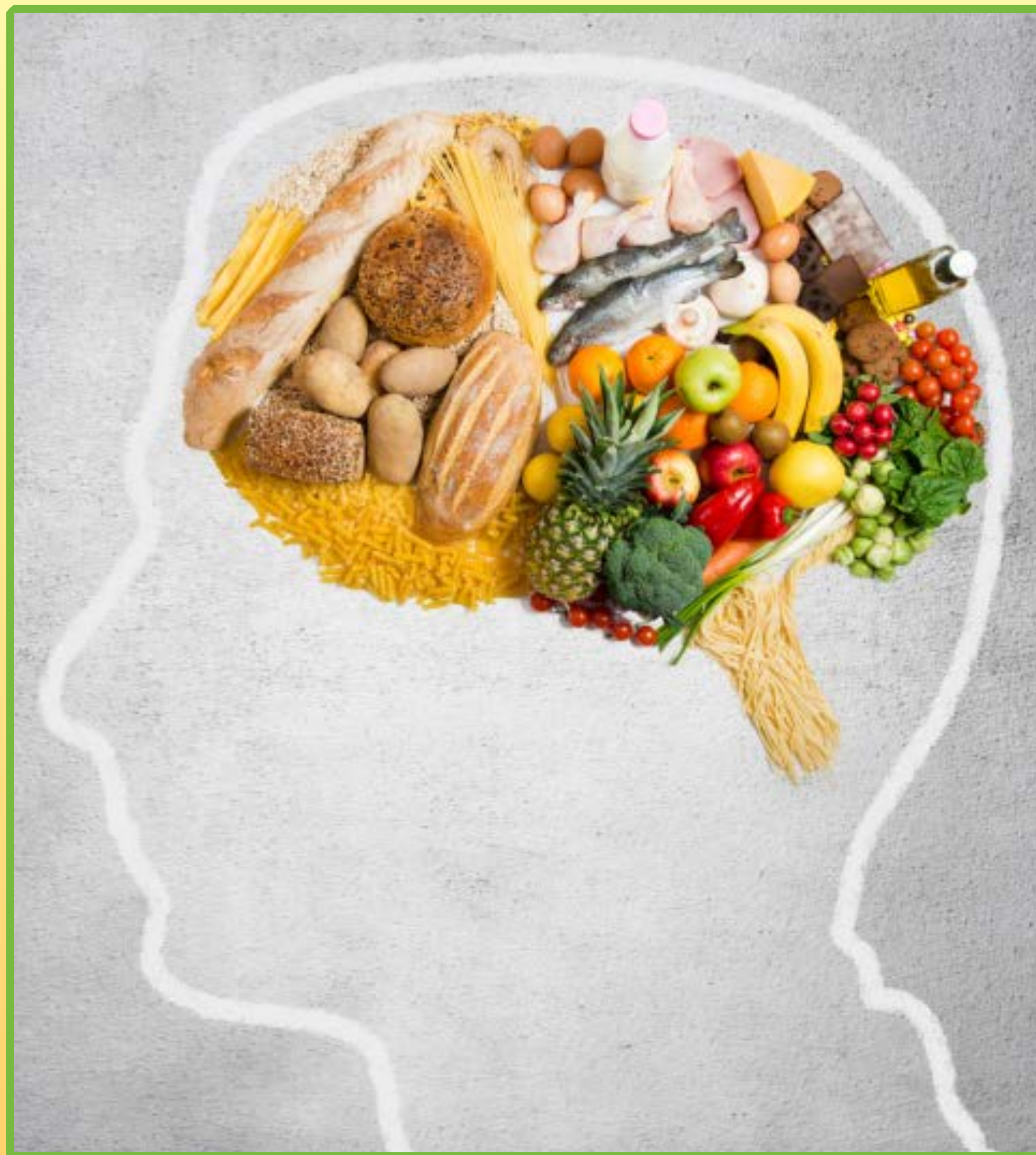


Design Rules!



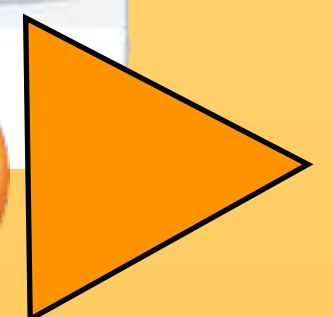
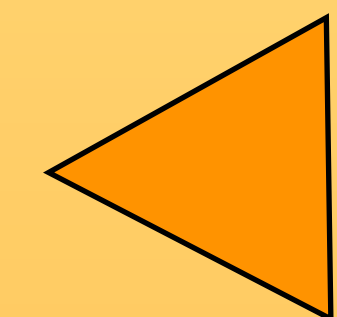
Your pizza you design must:

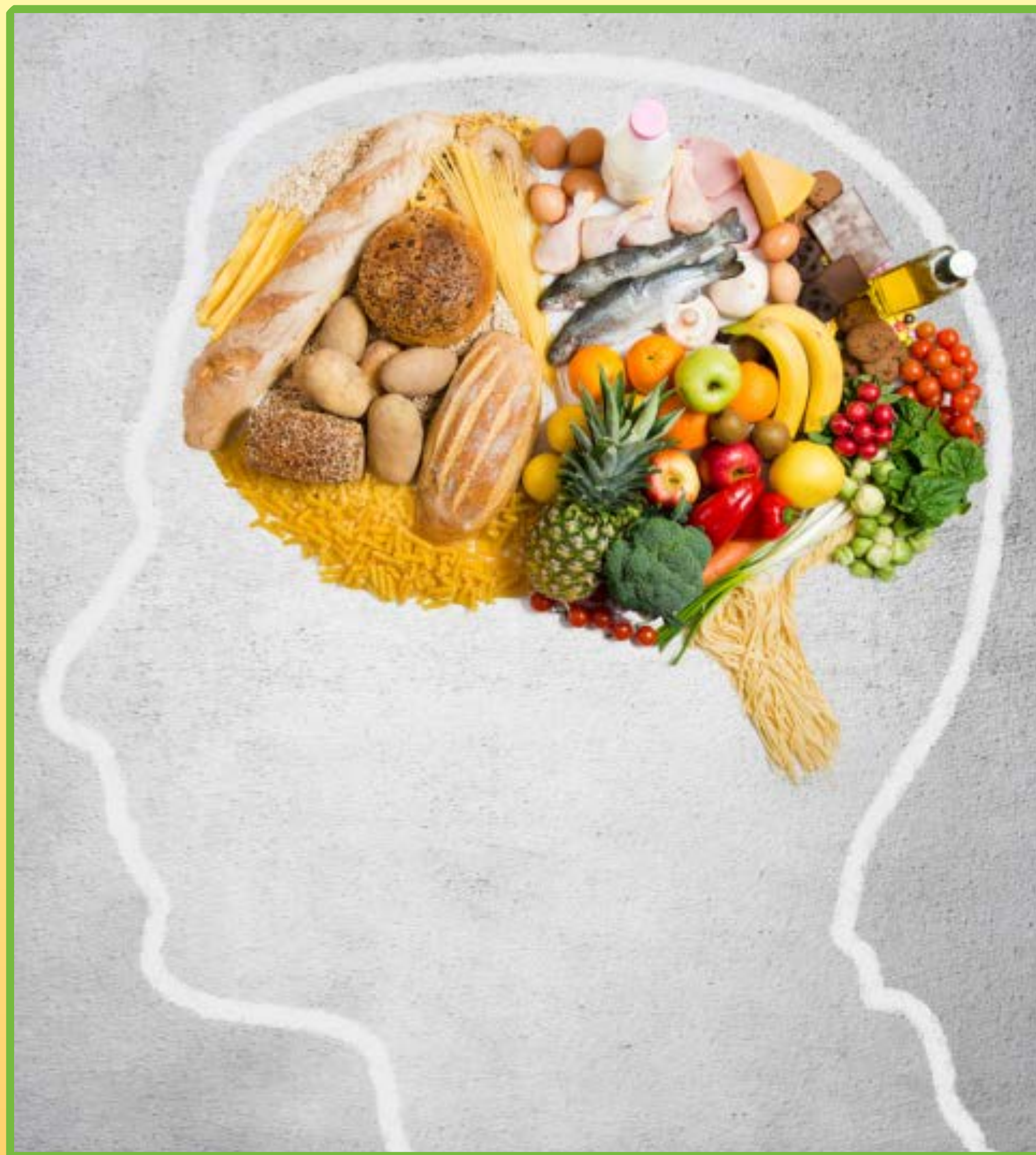
- be **healthy**
- have at least two types of **fruit or vegetables** on it
- have a source of **protein** on it
- be a source of **carbohydrate** (the base)
- be **colourful**
- be **tasty**



How will you make sure your pizza will be **healthy**?

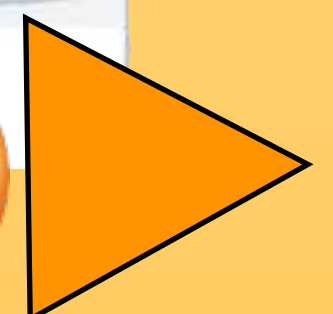
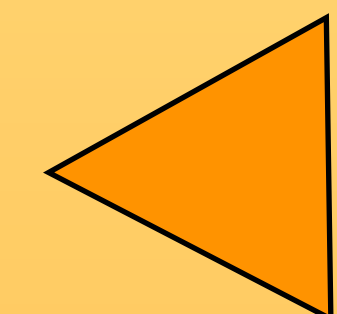
Think, pair, share your ideas.

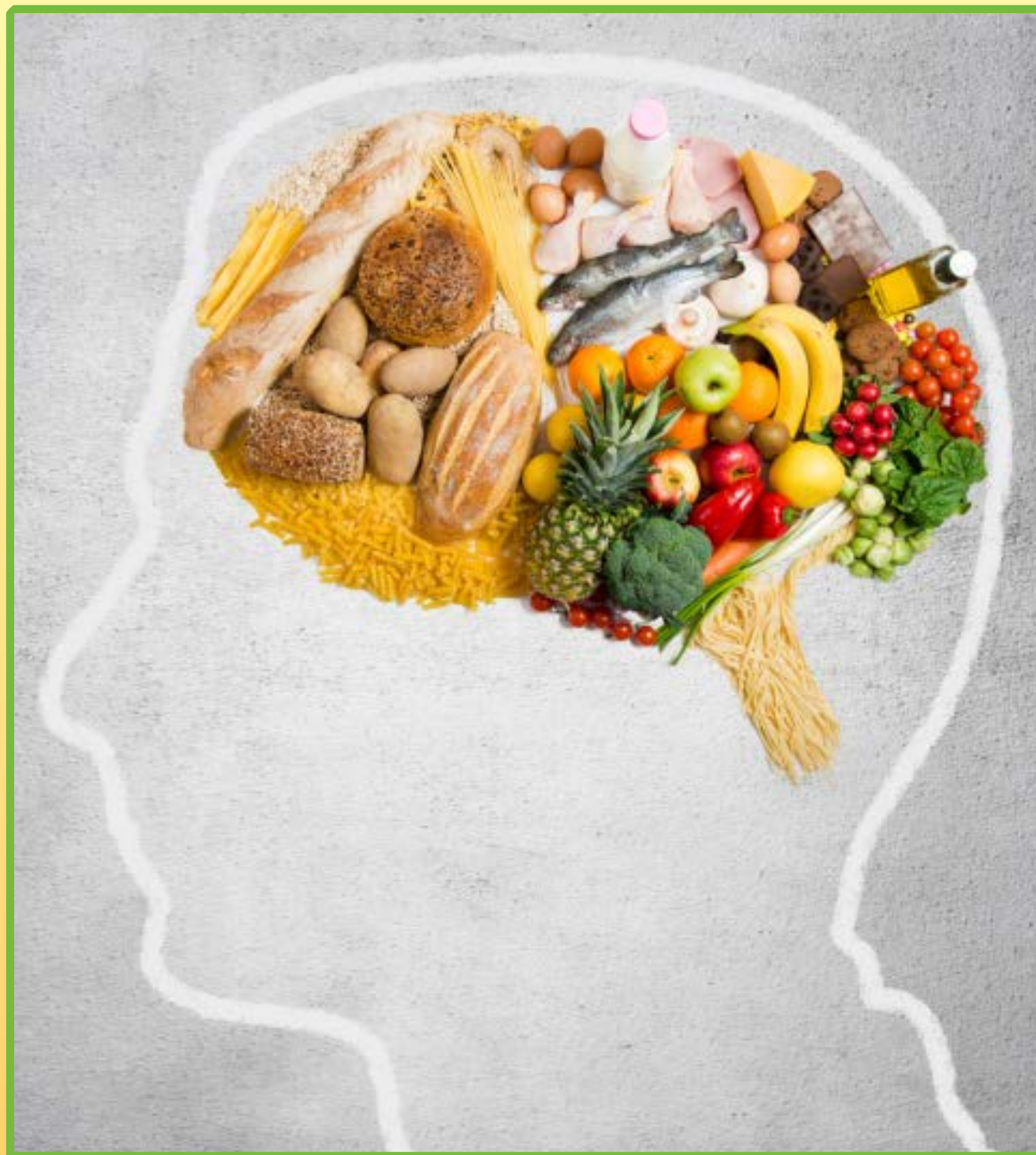




How will you make sure your pizza will **taste** good?

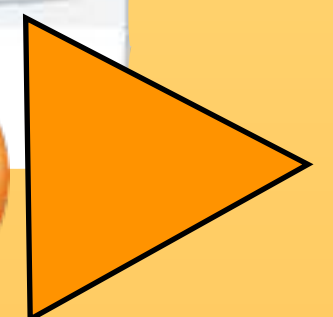
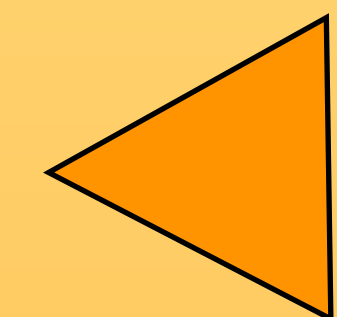
Think, pair, share your ideas.





How will you make sure your pizza will be **colourful**?

Think, pair, share your ideas.





Design Rules Recap!

Your pizza you design must:

- be **healthy**
- have at least two types of **fruit or vegetables** on it
- have a source of **protein** on it
- be a source of **carbohydrate** (the base)
- be **colourful**
- be **tasty**





Plenary

Next lesson we will be making our pizza!

What will we need to do to stay safe when preparing the food?

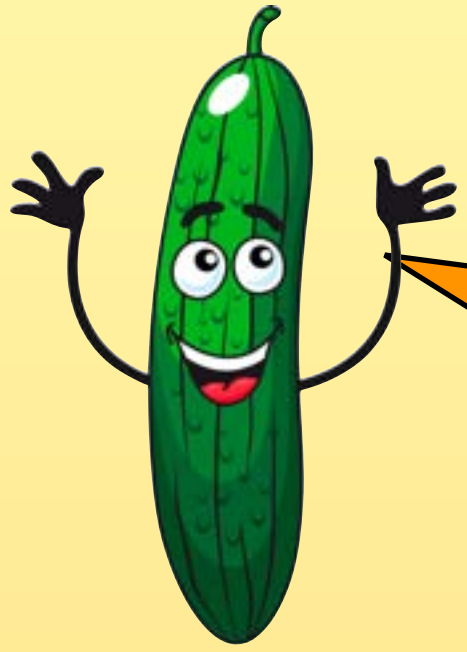
Are there any hazards we will need to look out for?

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.

