

Make-Your-Own Pizza

Ages 5-12 · 45-60 min · Small group

Learning intention

This experience supports children to make healthy food choices and to make independent decisions.

You'll need

- Pizza dough
- Tomato sauce
- Assorted toppings
- Oven access

How to do it

1. Children roll out their own portion of dough.
2. Spread sauce and add their chosen toppings.
3. Bake until the base is crisp and cheese is melted.
4. Talk about how yeast makes the dough rise while it cooks.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **1.2** Children and young people develop their autonomy, interdependence, resilience and agency

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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