

Your name:

Partner name:

Veg-up Pizza – Assignment

Option 2: A pizza made using a scone dough for the base

Level 2-4



Situation

(need/opportunity)

Using vegetables as a pizza topping can help you eat more veggies!

Brief

Show off your cooking skills by making this Veg-up pizza.

Specifications

Work in pairs.

Your pizza must:

- have **three** different coloured vegetable toppings
- use **three** different vegetable cuts
- be prepared, cooked and ready to eat within the time frame.

You will be given a pizza recipe that lets you choose your own vegetable toppings.

You must **each hand in your own assignment.**

You will learn to:

- bake, chop, cut, dice, grate, measure, mix, roll, slice, spread, sieve
- use seasonal vegetables to make a healthy pizza
- use the food technology process
- work as a team
- manage your time
- evaluate your pizza (food product).

Veg-up Pizza

Option 2: Scone base



Serves 2

Ingredients

Scone base

- ¼ cup wholemeal flour*
- ¼ cup plain flour*
- ¼ tablespoon baking powder*
- 1 tablespoon margarine*
- 3 tablespoons milk*
- 2 tablespoons tomato or pizza sauce*

Vegetables toppings (choose three)

- ¼ cup diced capsicum*
- ¼ cup diced eggplant*
- ¼ cup diced red onion*
- ¼ cup sliced mushrooms*
- ¼ cup sliced onion rings*
- ¼ cup finely sliced courgette*
- ¼ cup chopped tomatoes*
- ¼ cup bite-sized pieces broccoli*
- ¼ cup chopped spinach*
- ¼ cup grated carrot*
- 2 tablespoons grated cheese*



Method

1. Preheat oven to 220°C. Dust a cutting board and baking tray with flour.
2. Place wholemeal flour in a bowl, then sift in plain flour and baking powder. Rub in margarine with clean fingertips until mixture resembles fine breadcrumbs.
3. Make a well in the centre, then add milk and quickly mix with a butter knife to a soft dough. Place dough onto a cutting board, then divide into two even-sized balls.
4. On a floured surface, use a rolling pin to roll out a dough ball into a circle (about 14 cm in diameter each).
5. Transfer to baking tray.
6. Repeat with other dough ball and place on tray allowing 2 cm space between them.
7. Evenly spread sauce on top leaving 1 cm around the edge, then add chosen vegetables and cheese toppings.
8. Bake for 10–15 minutes or until golden brown. Remove from oven, allow to cool slightly.
9. Place on a board then slice each pizza into 4 pieces and serve.

Equipment

- Baking tray
- Bowl
- Cutting board and knife
- Grater
- Knife
- Measuring cups
- Measuring spoons
- Rolling pin
- Sieve

Preparation and cooking skills

Bake, chop, cut, dice, grate, measure, mix, roll, slice, spread, sieve.



Plan of action

Your name:

Name of pizza:

- 1 Write a shopping list for your **chosen vegetable toppings** (give a copy to your teacher).

- 2 Describe how you will prepare **each vegetable topping**.

Hint: you must choose **three different vegetable cuts**, e.g. slice, dice, chop, grate.



Task list – Veg-up pizza (scone dough)

Use this task list to help you work as a team and make your pizza on time.

1 Write your name under the task list that you will be completing today.

Task list A	Task list B
<p>Name: _____</p> <ol style="list-style-type: none">1. Read the recipe.2. Collect equipment.3. Collect flours, baking powder, margarine and tomato sauce.4. Preheat oven to 220°C. Dust cutting board and baking tray with flour.5. Prepare one vegetable (see the type of cut for each in the ingredients list, e.g. diced capsicum).6. Help your partner add milk to the well they have made in the flour.7. Divide dough into two even-sized balls, then give one ball to your partner.8. Place your ball of dough on a floured surface, then roll out dough into a circle (14 cm in diameter) using a rolling pin.9. Transfer to baking tray, allowing 2cm space from your partner's pizza.10. Evenly spread sauce on top leaving 1cm around the edge, then add chosen vegetables and cheese toppings.11. Place pizza in oven and bake for 10-15 minutes (set a timer) or until golden brown.12. Place your pizza on a board, then slice into 4 pieces and serve.	<p>Name: _____</p> <ol style="list-style-type: none">1. Read the recipe.2. Collect equipment.3. Collect milk, cheese and chosen vegetables.4. Prepare two vegetables (see the type of cut for each in the ingredients list e.g. sliced mushrooms).5. Following the recipe, place both flours and baking powder in a bowl. Rub in the margarine (see recipe).6. Make a well in the centre of flour mixture. Once your partner adds the milk, quickly mix with a knife until a soft dough forms.7. Place your ball of dough on a floured surface, then roll out dough into a circle (14 cm in diameter) using a rolling pin.8. Transfer to baking tray, allowing 2cm space from your partner's pizza.9. Evenly spread sauce on top leaving 1cm around the edge, then add chosen vegetables and cheese toppings.10. Once pizza is cooked, carefully remove from oven, allow to cool slightly.11. Place your pizza on a board, then slice into 4 pieces and serve.
<p>Serving and clean-up</p> <ul style="list-style-type: none">• Stack and wash dishes.• Wipe benches as necessary.• Leave your kitchen clean and tidy.	<p>Serving and clean-up</p> <ul style="list-style-type: none">• Set table with a plate, knife and fork each.• Dry dishes and put away.• Leave your kitchen clean and tidy.



Product evaluation

Name of pizza:

.....

Does your pizza have **three** different coloured vegetable toppings?

Did you use **three** different vegetable cuts?

Did you make the pizza on time?

Choose yes or no

Yes / No

Yes / No

Yes / No

How much did you like the **taste** of your pizza? *Choose one*



I really don't like it

1



I dislike it slightly

2



I neither like nor dislike it

3



I like it slightly

4



I really like it

5

How much did you like the **appearance** of your pizza? *Choose one*



I really don't like it

1



I dislike it slightly

2



I neither like nor dislike it

3



I like it slightly

4



I really like it

5

How much did you like the **texture** of your pizza? *Choose one*



I really don't like it

1



I dislike it slightly

2



I neither like nor dislike it

3



I like it slightly

4



I really like it

5



Product evaluation

Insert a photo of your pizza here

What went well?

What did not go well?

What could be improved?

Food technology process activity

These are simple steps to help you design your pizza (food product).

Word list

Evaluation sheet	Choose vegetables (your idea)
Write a shopping list	Research and read the recipe
We need a vegetable pizza to help us eat more veggies	Follow the task list

Hint: look for each symbol in this assignment to help you.



1 Use the **word list** to fill in the blanks. This will help you think about what you need to do to create your pizza.

