

Your name:

Partner name:

Veg-up Pizza – Assignment

Option 1: A pizza made using wraps as 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, slice, spread
- 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 1: Wrap base

Serves 2

Ingredients

Pizza base

- 2 wholemeal wraps
- 2 tablespoons tomato sauce or paste

Vegetables toppings (choose three)

- $\frac{1}{4}$ cup diced capsicum
 - $\frac{1}{4}$ cup diced eggplant
 - $\frac{1}{4}$ cup diced red onion
 - $\frac{1}{4}$ cup sliced mushrooms
 - $\frac{1}{4}$ cup sliced onion rings
 - $\frac{1}{4}$ cup grated courgette
 - $\frac{1}{4}$ cup chopped tomatoes
 - $\frac{1}{4}$ cup bite-sized pieces broccoli
 - $\frac{1}{4}$ cup chopped spinach
 - $\frac{1}{4}$ cup grated carrot
- 2 tablespoons grated cheese



Method

1. Preheat oven to 200°C.
2. Place one wrap on a baking tray, then evenly spread 1 tablespoon of tomato sauce on top. Place the other wrap on top so that the wraps stick together.
3. Evenly spread the rest of tomato sauce on top leaving 1 cm around the edge, then add chosen vegetables and cheese toppings.
4. Bake for 10-15 minutes or until golden brown. Remove from oven, allow to cool slightly.
5. Place on a board, then slice each pizza into 8 pieces and serve.

Equipment

- Baking tray
- Cutting board and knife
- Grater
- Measuring cups
- Measuring spoons

Preparation and cooking skills

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

Nutrition

- Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which will help you to learn and grow and stop you from getting sick.



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 (wrap)

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 wraps and tomato sauce or paste.4. Preheat oven to 200°C.5. Prepare one vegetable (see the type of cut for each in the ingredients list, e.g. diced capsicum).6. Place one wrap on a baking tray, then evenly spread 1 tablespoon tomato sauce on top.7. Place the other wrap on top so that the wraps stick together.8. Once your partner has topped pizza with tomato sauce, work together to add vegetable and cheese toppings.9. Place pizza in oven and bake for 10-15 minutes (set a timer) or until golden brown.10. Slice pizza into 8 pieces and serve.	<p>Name:</p> <ol style="list-style-type: none">1. Read the recipe.2. Collect equipment.3. Collect chosen vegetables and cheese.4. Prepare two vegetables (see the type of cut for each in the ingredients list e.g. sliced mushrooms).5. Once your partner has placed two wraps together, evenly spread the rest of tomato sauce on top.6. Work with your partner to add vegetable and cheese toppings.7. Once pizza is cooked, carefully remove from oven, allow to cool slightly, then place on a board.
<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.

