

Veg-up Pizza – Assignment

Option 1 (wrap) AND option 2 (scone dough)

Level 2-4

The Veg-up pizza assignment has two options for you to choose from.

It is suggested that you choose the option that suits your programme. Each option has its own student assignment that can be found on the Heart Foundation website.

Option 1 (wrap) features a pizza recipe that uses wraps for the pizza base.

Option 2 (scone dough) features a pizza recipe using a scone dough for the base.

Both assignment options allow students to choose their own vegetable toppings, learn basic food preparation and cooking skills, and follow the food technology process.

Assignment structure:

- Recipe – students choose their vegetable toppings
- Plan of action
- Task list
- Evaluation
- Food technology process activity

It is suggested that students choose their vegetable toppings, complete the plan of action and allocate the task lists during a planning lesson. The Food technology process activity can also be completed at this time. The Evaluation should be completed after they have made their final pizza. You can use this as an assessment opportunity.

Tips

- The first page of the student assignment outlines the scenario, brief and specifications for the pizza. Discuss these with your students when introducing the assignment.
- The **question mark** symbol is a clue for the Food technology process activity (page 10).



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**.

Students will learn to:

- bake, chop, cut, dice, grate, measure, mix, slice, spread (if using option 1 - wrap)
- bake, chop, cut, dice, grate, measure, mix, roll, slice, spread, sieve (if using option 2 – scone dough)
- use vegetables to make a colourful healthy pizza
- start following the food technology process
- work as a team
- manage their time
- evaluate their pizza (food product).

Food technology language:

Scenario, need/opportunity, brief, specifications, physical and functional attributes, evaluation.

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)

- ¼ cup diced capsicum
 - ¼ cup diced eggplant
 - ¼ cup diced red onion
 - ¼ cup sliced mushrooms
 - ¼ cup sliced onion rings
 - ¼ cup grated 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 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.

Tips

- Ask students to tick three vegetable toppings of their choice.
- Remind students that they need to use three different vegetable cuts.
- The **lightbulb** and **magnifying glass** symbols are clues for the Food technology process activity (page 10).

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.

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.

Tips

- Ask students to tick three vegetable toppings of their choice.
- Remind students that they need to use three different vegetable cuts.
- The **lightbulb** and **magnifying glass** symbols are clues for the Food technology process activity (page 10).



Plan of action

Tips

- The **clipboard** symbol is a clue for the Food technology process activity (page 10).

Your name:

Name of pizza:

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

Tips

- Remind students that they need to list their **chosen vegetable toppings only**, rather than all the ingredients from the recipe.
- Ask students to write down the amounts of each vegetable they need.

e.g.

¼ cup diced red capsicum

¼ cup slice mushrooms

¼ cup chopped spinach

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

e.g. we will dice the red capsicum, slice the mushrooms and chop the spinach.

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



Task list – Veg-up pizza (Option 1: 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
Name: <i>Ariana</i>	Name: <i>Caleb</i>
<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.	<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.
Serving and clean-up <ul style="list-style-type: none">• Stack and wash dishes.• Wipe benches as necessary.• Leave your kitchen clean and tidy.	Serving and clean-up <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.

Tips

- Tasks are evenly divided between two students. While each student has their own task list to complete, encourage them to help each other when needed.
- The **clipboard** symbol is a clue for the Food technology process activity (page 10).



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

Name: *Ariana*

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.

Serving and clean-up

- Stack and wash dishes.
- Wipe benches as necessary.
- Leave your kitchen clean and tidy.

Task list B

Name: *Caleb*

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.

Serving and clean-up

- Set table with a plate, knife and fork each.
- Dry dishes and put away.
- Leave your kitchen clean and tidy.



Product evaluation

Tips

- Encourage students to use our Sensory word bank posters to help them evaluate their meal.
- The **tick** symbol is a clue for the Food technology process activity (page 10).

Name of pizza:

Rainbow veg-up pizza

Choose yes or no

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

Yes / No

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

Yes / No

Did you make the pizza on time?

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



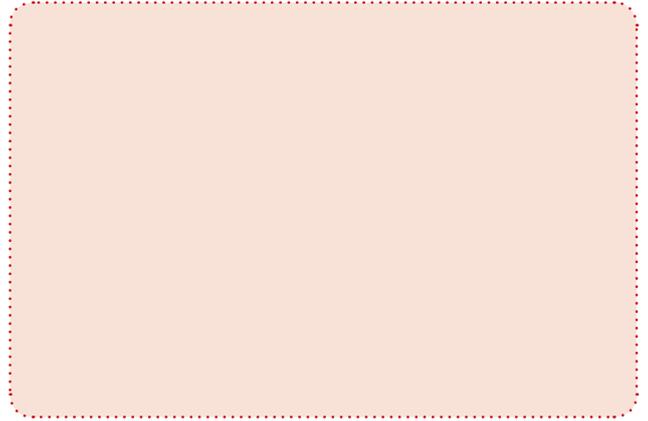
I really like it

5



Product evaluation

Add a photo of your pizza here



What went well?

e.g. the vegetable toppings were evenly spread so that each pizza slice had an even amount of vegetables.

What did not go well?

e.g. we left the pizza in the oven for too long as we forgot to set the timer. This made the edges of our pizza a bit too crispy.

What could be improved?

e.g. once the pizza is in the oven, we must take extra care to set a timer so that the pizza is baked for the recommended time.

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.

