

A Note to Teachers



On slides 7, 8, and 9, review the three [Good in Every Grain](#) recipes provided to save time and determine which best fits your classroom needs. If you plan to make pizzas at school, consider partnering with a local restaurant. A blank “Next Steps” slide is included to accommodate your unique project plan.

Time: Approximately 60 minutes, not including recipe writing time.

Optional: Recipe Writing - since procedural writing is not a core Grade 5 expectations, teachers can consider providing a base recipe for students to adapt according to their business goals.

As with previous lessons, a recipe related [Career Connections Slide](#) and [Coding Connections Slide](#) has been included at the end of the slides.



Want to skip cooking in the classroom? Have students design their pizza recipes at school and bake them at home with their families.



Expectations



Mathematics - Strand B Number

B1.3 represent equivalent fractions in various contexts

B2.2 recall and demonstrate multiplication facts

Health & Physical Education - Strand D Healthy Living

D2.1 use nutrition fact tables and ingredient lists to make informed choices

D3.1 describe how advertising, food marketing, and media affect food choices

Transferable Skills:

- Reading & writing instructions

Agriculture/Agri-Food Themes:

- Understanding that grains are the foundation of many healthy and enjoyable meals



Stage 4 Lesson 2: Picking a Pizza Recipe



Learning Goals



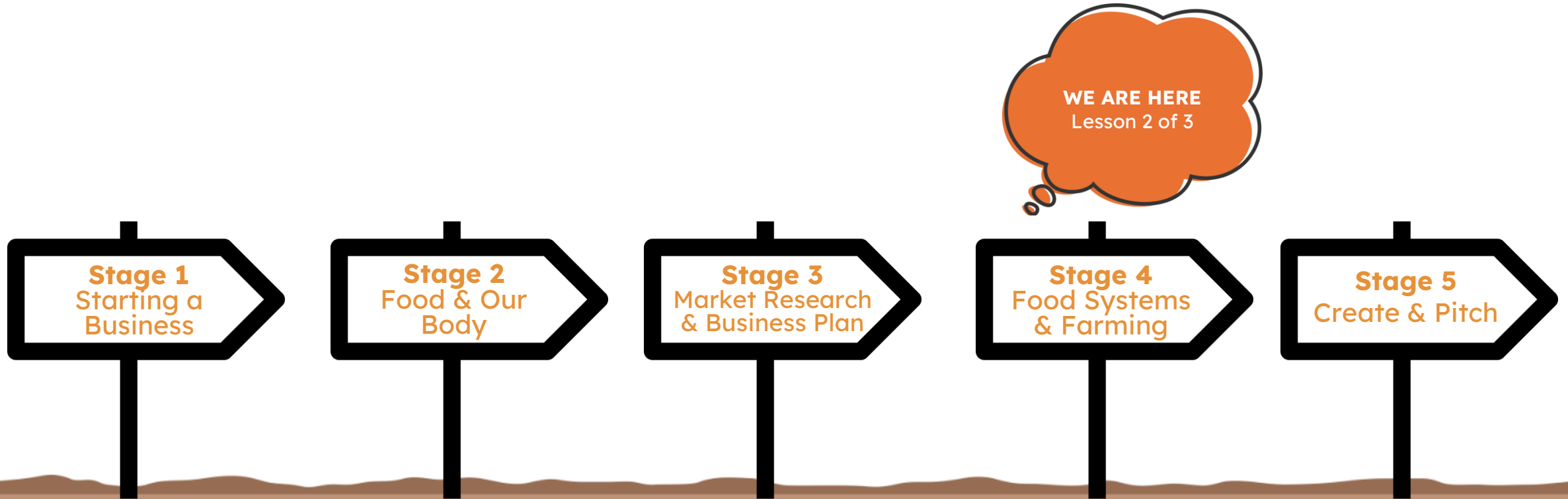
We can:

- Decide on our pizza recipe based on our market research, nutrition information, and understanding of local ingredients
- Double and triple the amount of ingredients and
- Create a shopping list
- Write our recipe
- Plan for next steps



Business Connection

How will this learning help our business?



Minds ON

**What makes
this a great
pizza?**

Check out the [recipe](#)



Pizza Dough

Homemade whole wheat pizza dough is great to create a home cooked meal that starts with the goodness of grains. Want to add more whole grain goodness to your recipe? Add wheat bran for a fibre boost.

Yield: 1 serving

Prep time: 70 minutes

Cook time: 25 minutes

Ingredients

- 2 ½ cups whole wheat flour, plus more for dusting
- 2 ¼ tsp active dry yeast
- ¾ tsp salt
- 1 cup warm water
- 1 tbsp extra virgin olive oil
- 1 tbsp white sugar



Pizza Pinwheels

Pizza is also a great choice for dinner and can be made with whole grains. These Pizza pinwheels take our homemade whole wheat pizza dough for a spin for a mess free and fun way to eat your favourite pizza!

Yield: 20 pinwheels

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients:

- Whole wheat pizza dough
- ½ cup of pizza sauce
- 2 ½ cups mozzarella cheese, shredded
- 2 tbsp parmesan cheese, grated
- 2 cups of pizza topping (pepperoni, ham, olives, pineapple, peppers, etc.)



Homemade Pizza

A perfectly golden crust is the base of any good pizza, and this recipe will help you achieve that perfect crust!

Yield: 2 pizzas (3 servings each)

Prep time: 25 minutes + rising time

Cook time: 25 minutes

Ingredients:

- 1 package (1/4 ounce) active dry yeast
- 1 tsp sugar
- 1 ¼ cups warm water (110° to 115°)
- ¼ cup canola oil
- 1 tsp salt
- 3 ½-4 cups all-purpose flour
- 1/2 pound ground beef
- 1 small onion, chopped
- 1 can (15 ounces) tomato sauce



- Add your team's pizza toppings to the shopping list below the sauce
- Add the amount needed for one recipe in the quantity column
- Determine the amounts for a double and triple recipe in the last two columns

[illegible]

OPTIONAL:

Our Recipe Choice

Write your recipe
on the template.

	
Recipe Name:	Team Name:
Servings:	Prep Time: Cook Time: Total Time:
Description:	
Ingredients:	
• • • • • • • •	• • • • • • • •
Instructions:	
Notes and Nutritional Information:	

Next Steps



Wrap Up

- What is one ingredient swap or addition that would make your pizza even healthier?
- Would that change be an improvement? Why?



Check In – What's Next?





Career Connections



Recipe Planning



Most food recipes you buy in a store are developed in a lab, not a kitchen.

Learn more about being a [food and beverage product developer](#).



Coding Connections



Energy - honey!



Hot honey is a popular pizza topping and we need bees to make it.

