

PITA PIZZA

ASK AN ADULT TO ASSIST!

SUPPLIES

- Pita bread, slice of bread or bagels (one per pizza)
- 1 Jar pizza sauce
- 1 bag shredded mozzarella cheese
- *OPTIONAL TOPPINGS:* sliced pepperoni, diced bell peppers, sliced mushrooms, olives, etc.
- Baking sheet or aluminum foil

ACTIVITY PREPARATION

- Gather supplies
- Preheat oven or setup toaster oven
- Have adult assist with cutting any toppings

LEARNING OUTCOMES

Counting, Measurement, Sorting, Encourage new tastes, Curiosity and Explore senses

- **Build basic math skills.** Have your child count or measure different ingredients. Have them help by **arranging the pita or bagels on the baking sheet**. Ask them what steps come first, second and third as you read through the recipe together. You can introduce new words to their vocabulary and promote literacy. Following steps in the recipe can help with listening skills.
- **Encourage them to TRY!** Children can be picky eaters so bringing them into the kitchen to help can encourage them to try new tastes. While you follow the recipe, **have your child taste the sauce before allowing them to spread it**. Encourage your child to taste different ingredients and talk about what they like and how each can help them grow.
- **Explore senses.** Kids learn by exploring with their senses so the kitchen is an ideal place. Ask them to use different senses along the way.
- **Boost confidence.** Children love to show off what they can do on their own and provides a sense of accomplishment. Allow them to **assemble the pizzas by adding cheese and toppings**. Let them know that their help is important. Try naming the pizza after your child (ie. Serve “Jalen’s Pizza” for dinner tonight). Be sure to praise them for their efforts!

Ways Kids Can Help

- Arrange the pita or bagels on the baking sheet
- Spread the sauce
- Add cheese and toppings

For more information, visit FloridaMilk.com/in-the-schools



INSTRUCTIONS



1. **Preheat Oven:** Preheat oven to 400°F (200°C).
2. **Prepare Pizzas:** Place pita or bagels or bread on a baking sheet or directly on aluminum foil.
3. **Add Sauce:** Spread one tablespoon of pizza sauce evenly over each pita bread, leaving a small border around edges.
4. **Add Cheese:** Sprinkle a generous amount of shredded mozzarella cheese over pizza sauce, covering it completely.
5. **Add Toppings:** Let kids get creative! Add their favorite toppings on top of the cheese. Sliced pepperoni, diced bell peppers, sliced mushrooms, and olives are all popular choices.
6. **Bake:** With the help from an adult carefully transfer baking sheet or aluminum foil with prepared pizzas into preheated oven or toaster oven. Bake or toast for about 8-10 minutes, or until cheese is melted and bubbly, and edges of pita bread are golden brown.
7. **Cool and Serve:** Once pizzas are done, have an adult remove it from oven and let cool for a minute or two. Then with the help of an adult, slice into wedges or squares and serve immediately.

