

FOOD FESTIVAL

By Aspens



PIZZA

1

The word "pizza" comes from an Italian word that means "pie." This is because pizza is essentially a type of savory pie that's topped with sauce, cheese, and other ingredients.

2

Pizza can be made in many different styles, such as thin crust, deep dish, and stuffed crust.

3

Pizza is not just a savoury food, it can be sweet too! People enjoy pizza with sweet toppings like chocolate and fruit!

5

Pizza is believed to have originated in Italy, specifically in the city of Naples.

4

Pizza is enjoyed by many as it is one of the most popular foods in the World!

Did you know?

Pizza can be a balanced meal! It is made up of Carbohydrates, Protein, and Vegetables.

FUN FACTS

Remember...

even though pizza can be healthy, it's still important to eat a variety of different foods to make sure you get all the nutrients your body needs.

Turn over for an amazing Recipe!



Recipe & Method

Pizza Sauce

Ingredients

20g tomato puree
175g Chopped
Tomatoes tinned
1 clove of garlic
1 tsp oregano

1

Blend with a stick blender
until smooth.
(Ask an adult to help.)

Pizza Dough

1

Mix all of the ingredients together and with floured
hands knead for couple of minutes into a dough

2

Leave in a covered bowl at room
temperature for 1 hour

Ingredients

300g strong
bread flour
150ml warm water
2 tsp dried yeast
(makes 4 - 6 pizzas)

Pizza

Ingredients

1 recipe of pizza sauce
1 recipe of pizza dough
150g grated
mozzarella cheese
Any toppings you like -
we recommend thinly
sliced peppers, onions
& sweetcorn for
added nutrients

1

Roll out your dough on a
floured surface to fit your
baking tray - this can be round
or rectangular it doesn't matter.
Its should be about 1-2cm thick

2

Top with the sauce
leaving a little
space at the edge
for the crust

3

Top with the
cheese & toppings

4

Bake at 220c for 10 -15 minutes
until golden brown and the
dough is cooked through