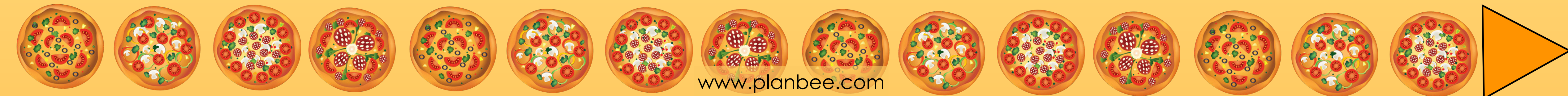
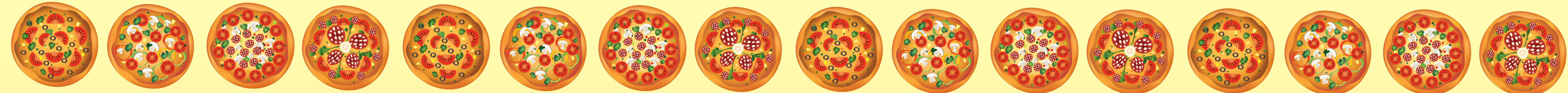


Perfect Pizzas!

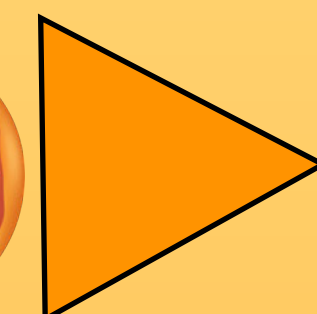
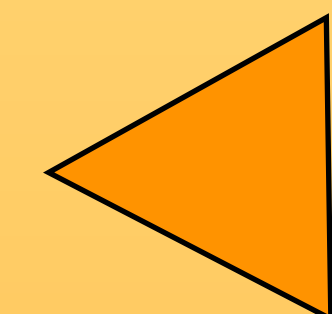
Today we will be...

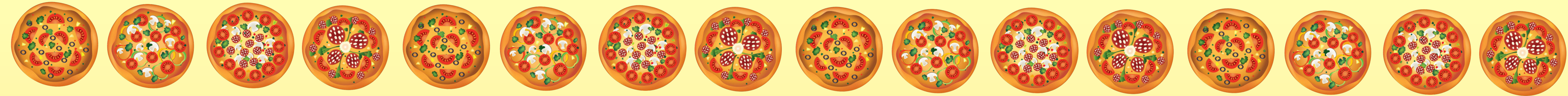
Finding out what the favourite pizzas in the class are.





What is this?

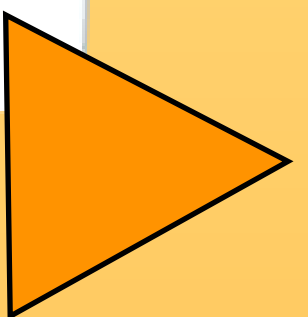
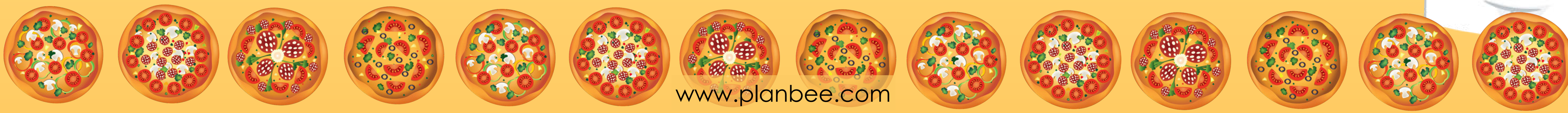
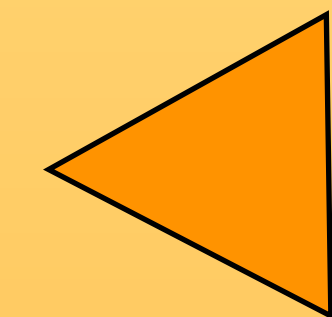


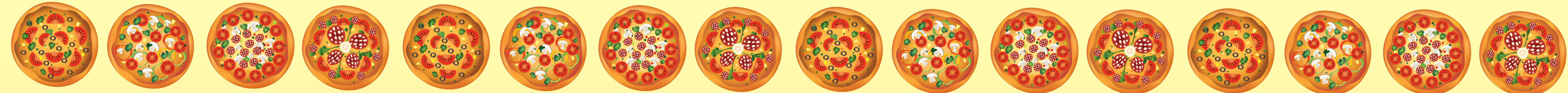


It was a pizza!

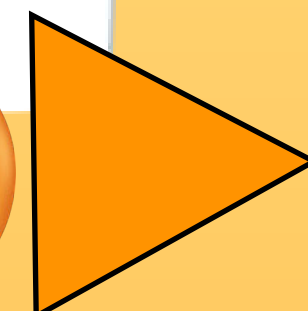
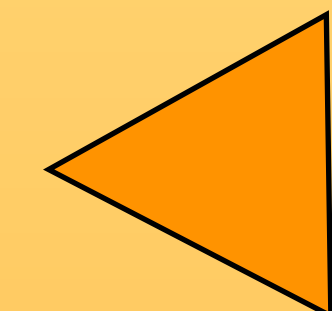


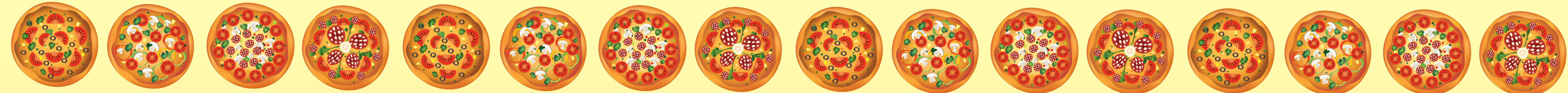
What toppings can you see on these pizzas?





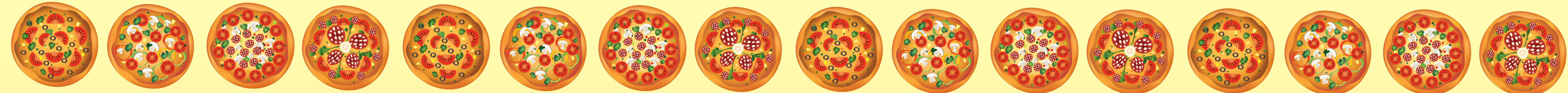
This pizza is called a margarita. It has tomato sauce and cheese on it.



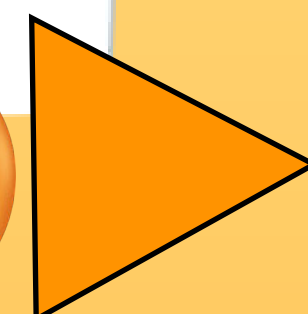
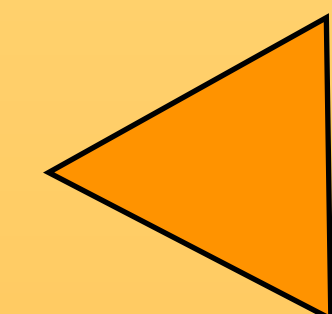


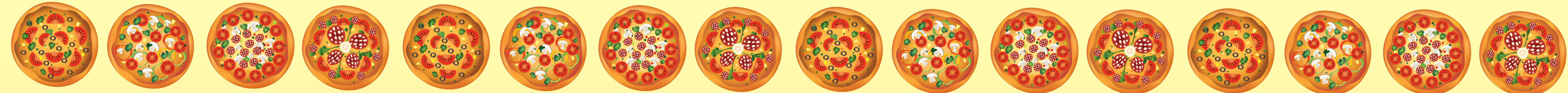
This pizza is a four seasons. It has tomato sauce, cheese, artichoke, olive, mushroom and ham on it.



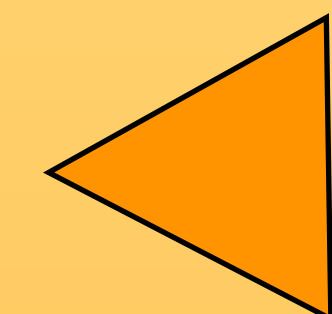


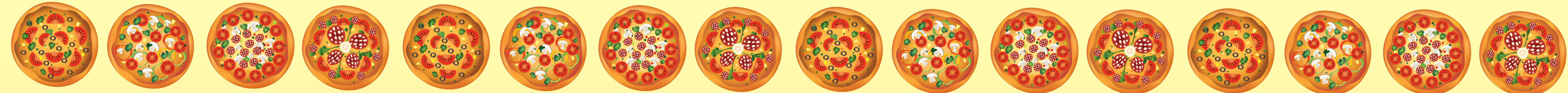
This is a seafood pizza. It has tomato sauce, cheese, salmon and white fish on it.





This is a pepperoni pizza. It has tomato sauce, cheese and pepperoni on it.

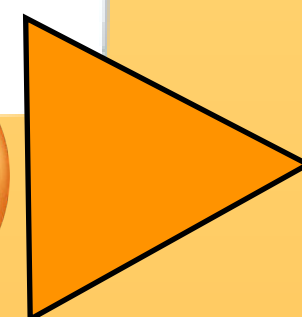
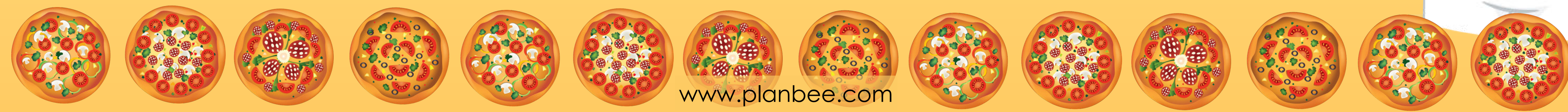
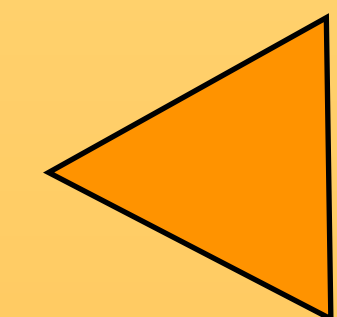


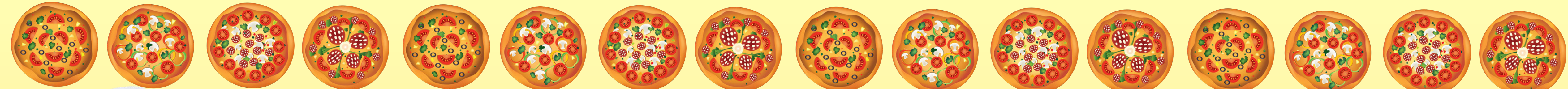


Which of
these pizzas
is your
favourite?
Why?



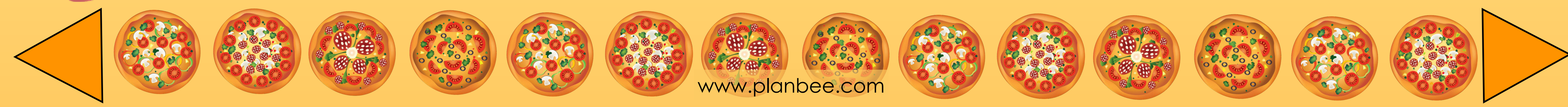
Which of
these
pizzas is
your least
favourite?
Why?

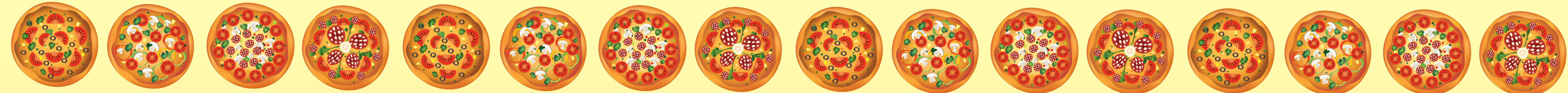




Are pizzas healthy?

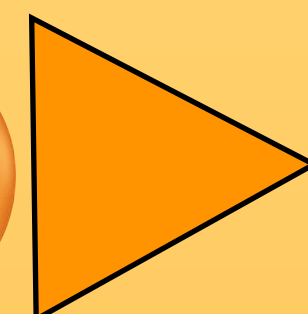
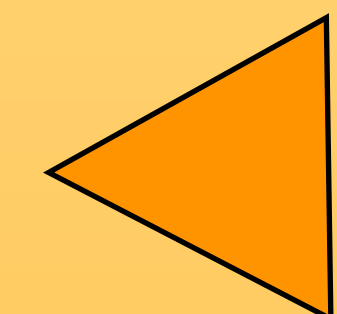
Think, pair, share.

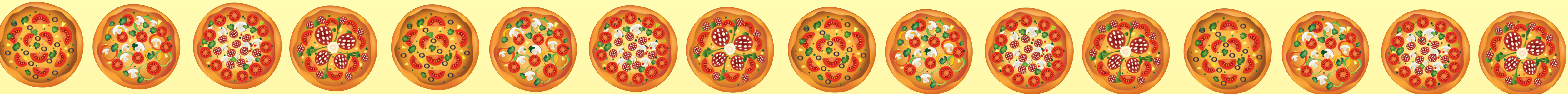




This is a balanced plate. It helps people understand the types of food there are and how much of each type of food they should eat. Someone with a healthy diet eats food from each of the food groups. To make it a balanced diet they need to make sure they eat the right amount of food from each food group.

Why do you think these foods have been sorted into groups in this way?





The bigger the group is the more of that food you should eat a day.



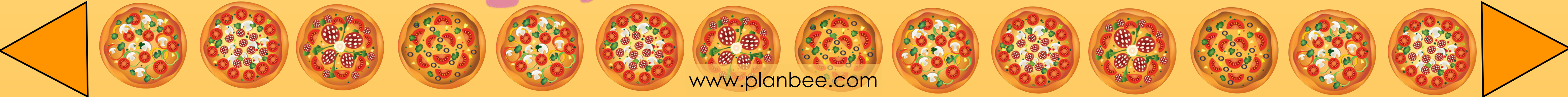
Bread, rice, potatoes and pasta

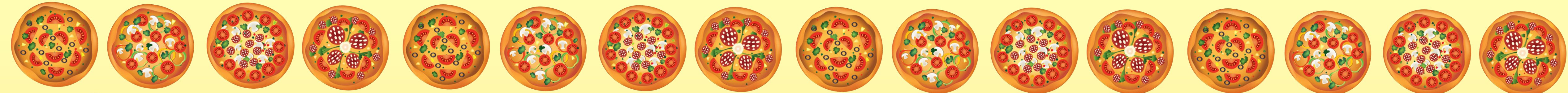
Meat, fish, eggs, beans

Fatty and sugary food and drinks

Fruit and vegetables

Milk and dairy food





Which food groups
is the pepperoni
pizza made up of?



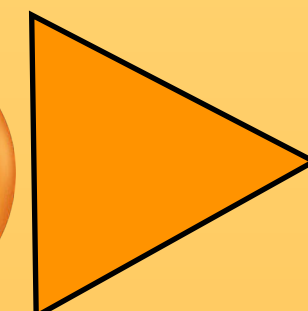
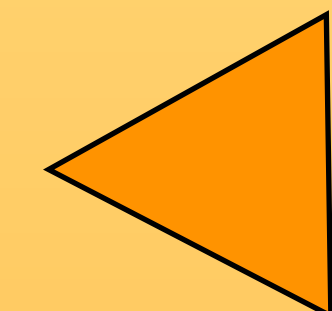
Bread, rice,
potatoes and pasta

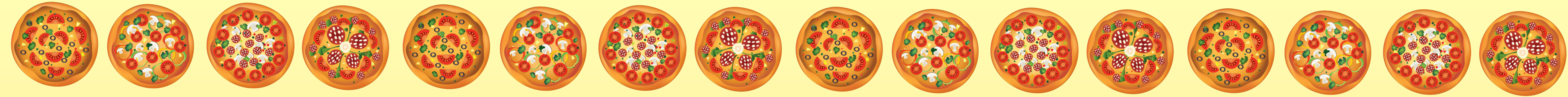
Fruit and
vegetables

Meat, fish,
eggs, beans

Fatty and sugary
food and drinks

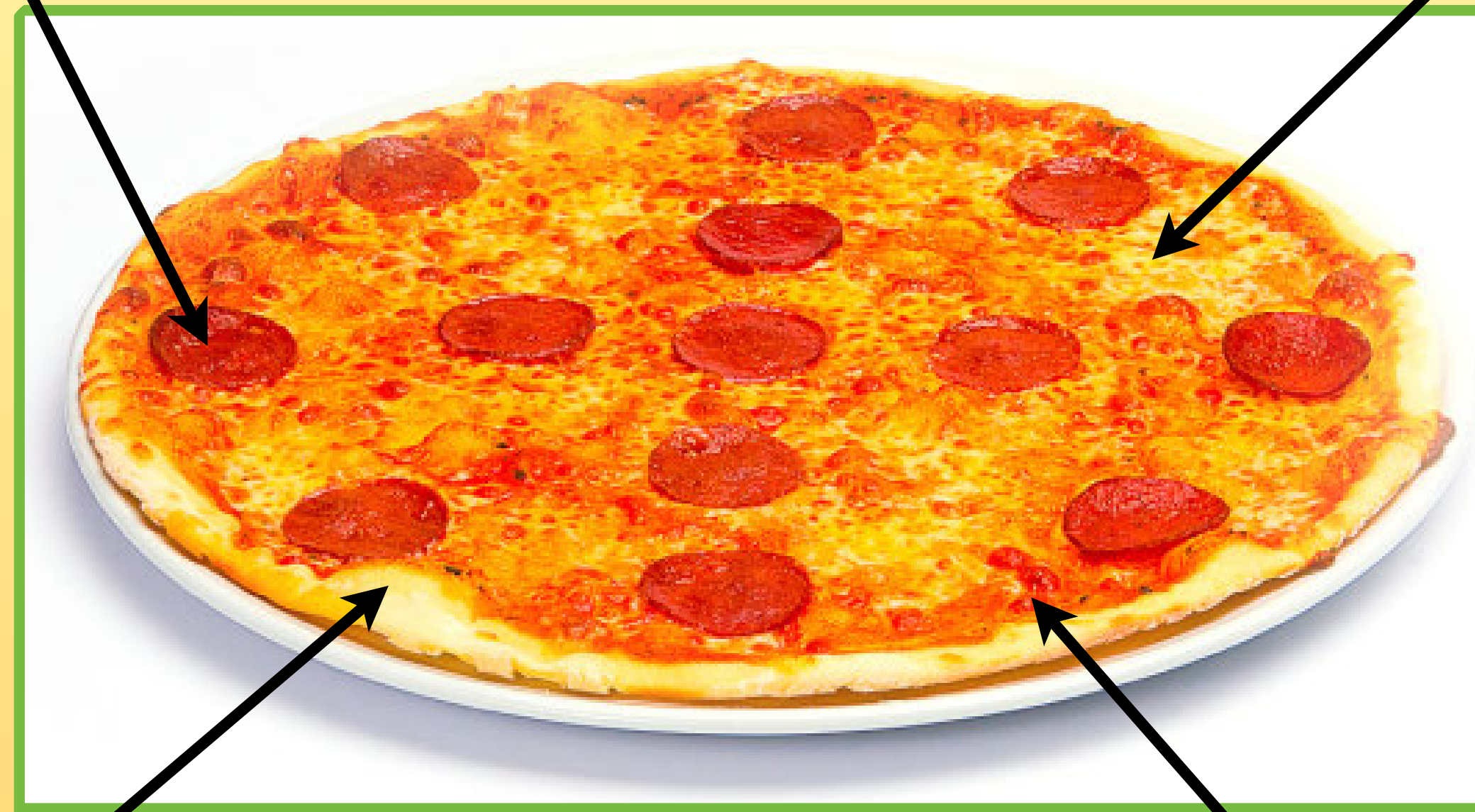
Milk and dairy
food





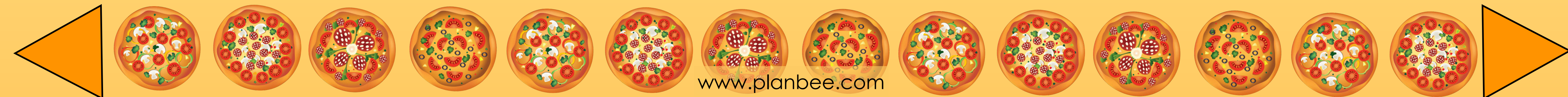
The pepperoni is a source of protein, but it is a processed meat so it is high in fat.

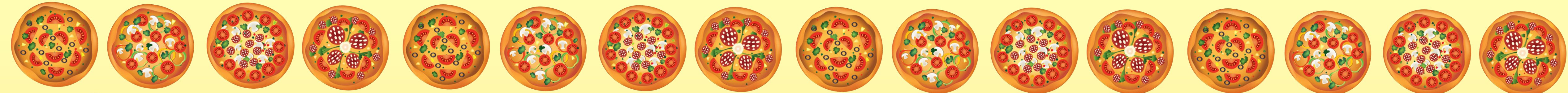
The cheese a dairy product, but it is also high in fat.



The pizza base is a bread.

The tomato sauce is made from vegetables, but it is the only vegetable on the pizza.





What do you think now, are pizzas healthy?



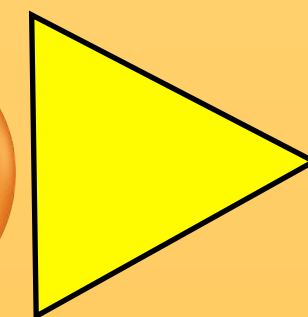
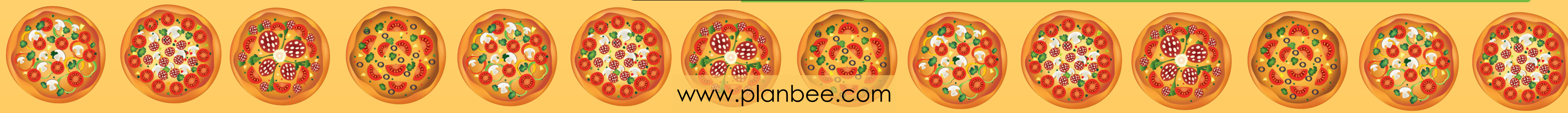
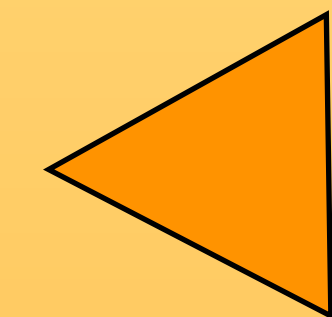
Bread, rice, potatoes and pasta

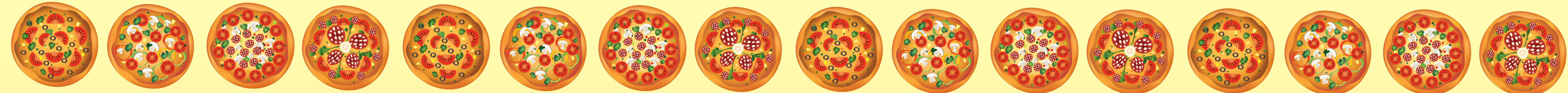
Fruit and vegetables

Meat, fish, eggs, beans

Fatty and sugary food and drinks

Milk and dairy food

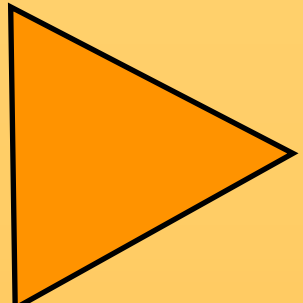
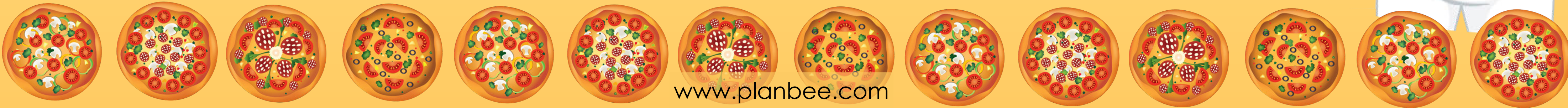
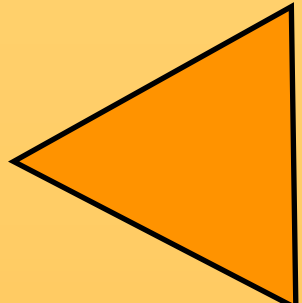
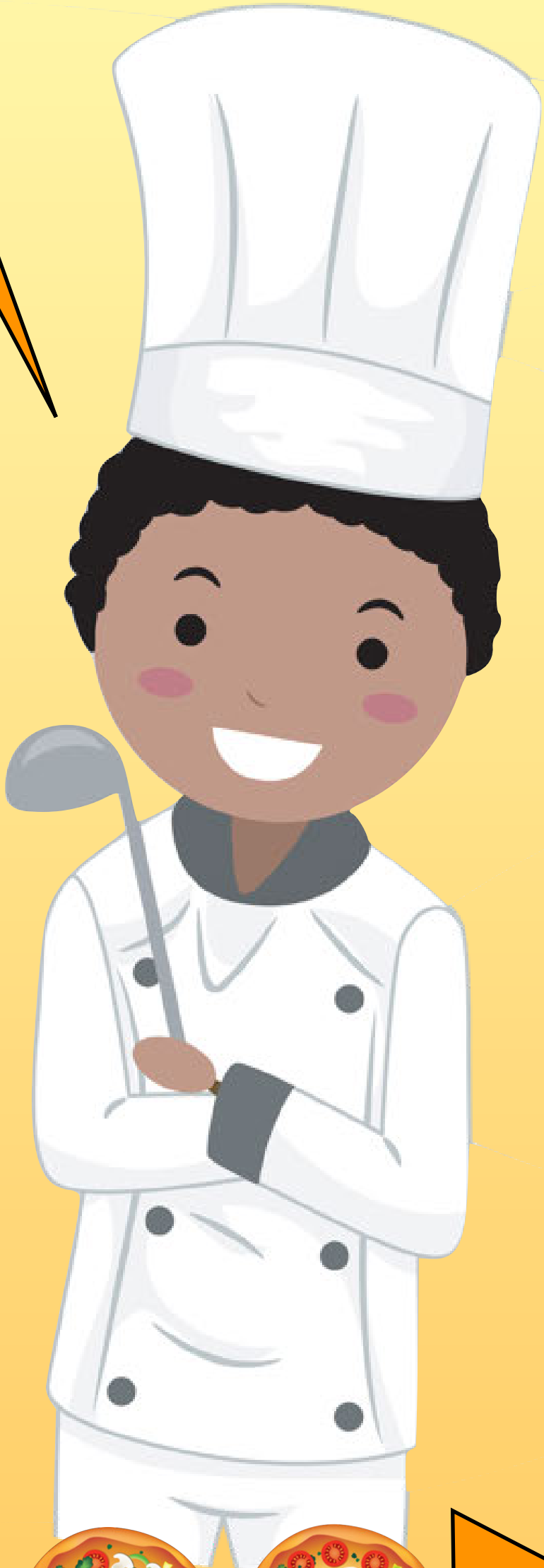


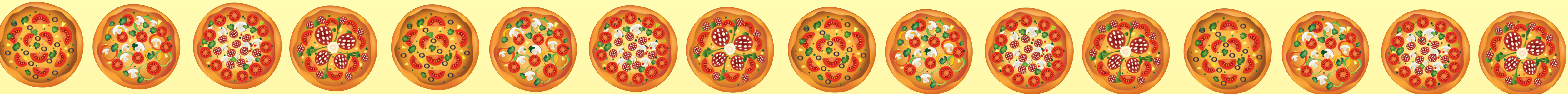


Plenary

Are some pizzas healthier than others?

Think, pair, share.

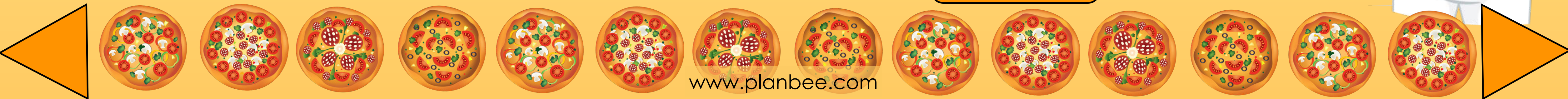
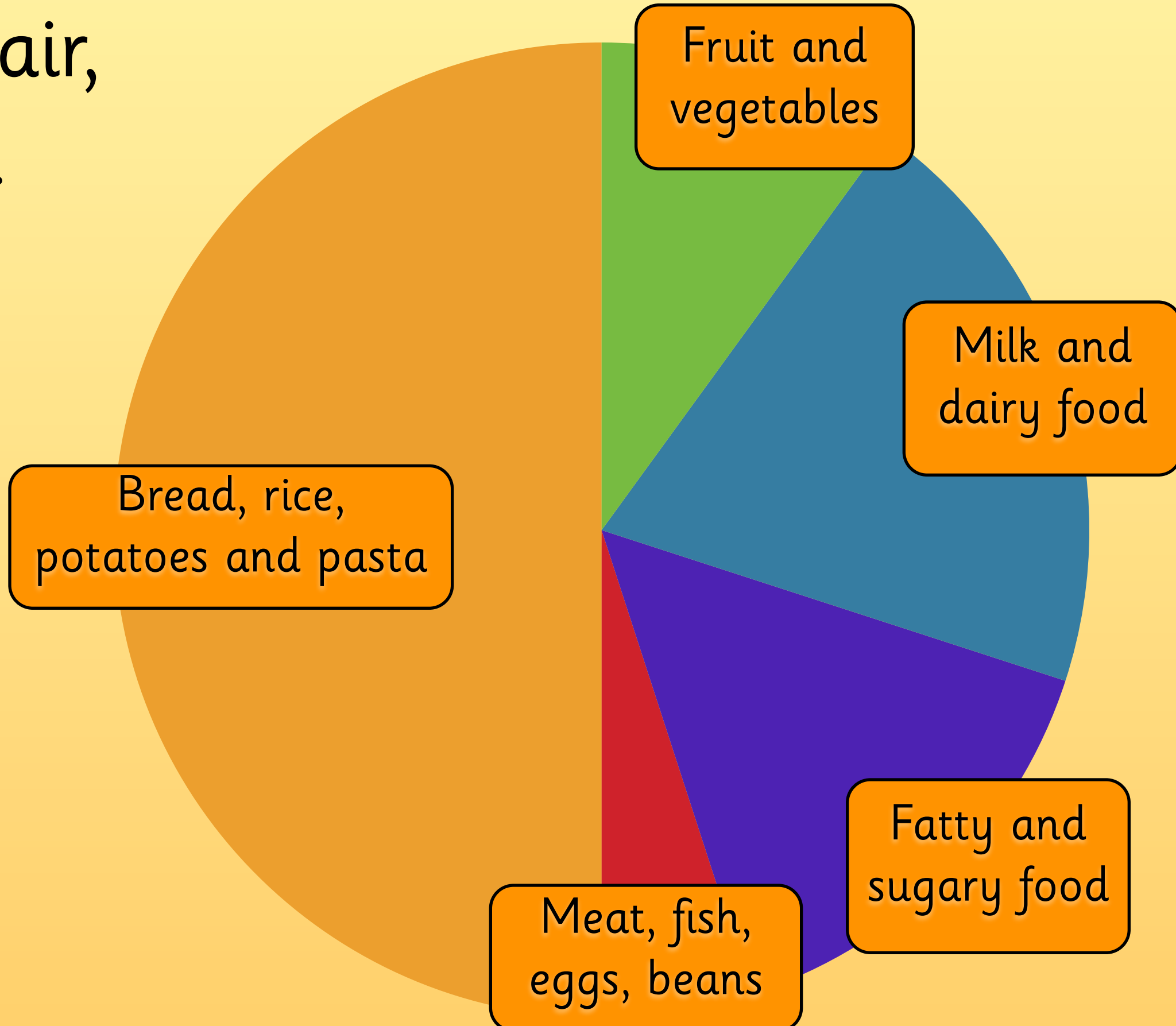


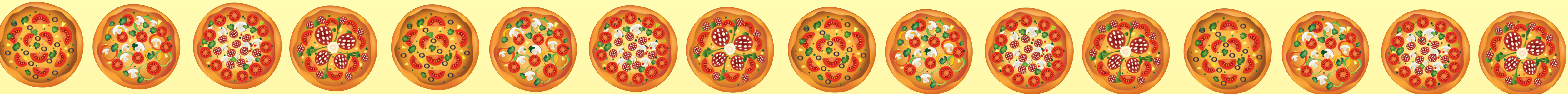


Do you think my diet would be balanced and healthy if I ate this takeaway pizza for dinner every day this week?

Think, pair, share.

This shows how much of each food group I would eat. The small amount of tomato, pepper and mushroom is a lot less than on the balanced plate.

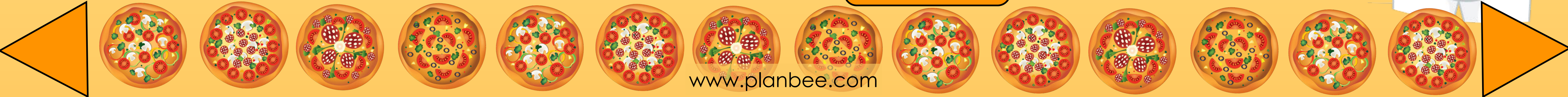
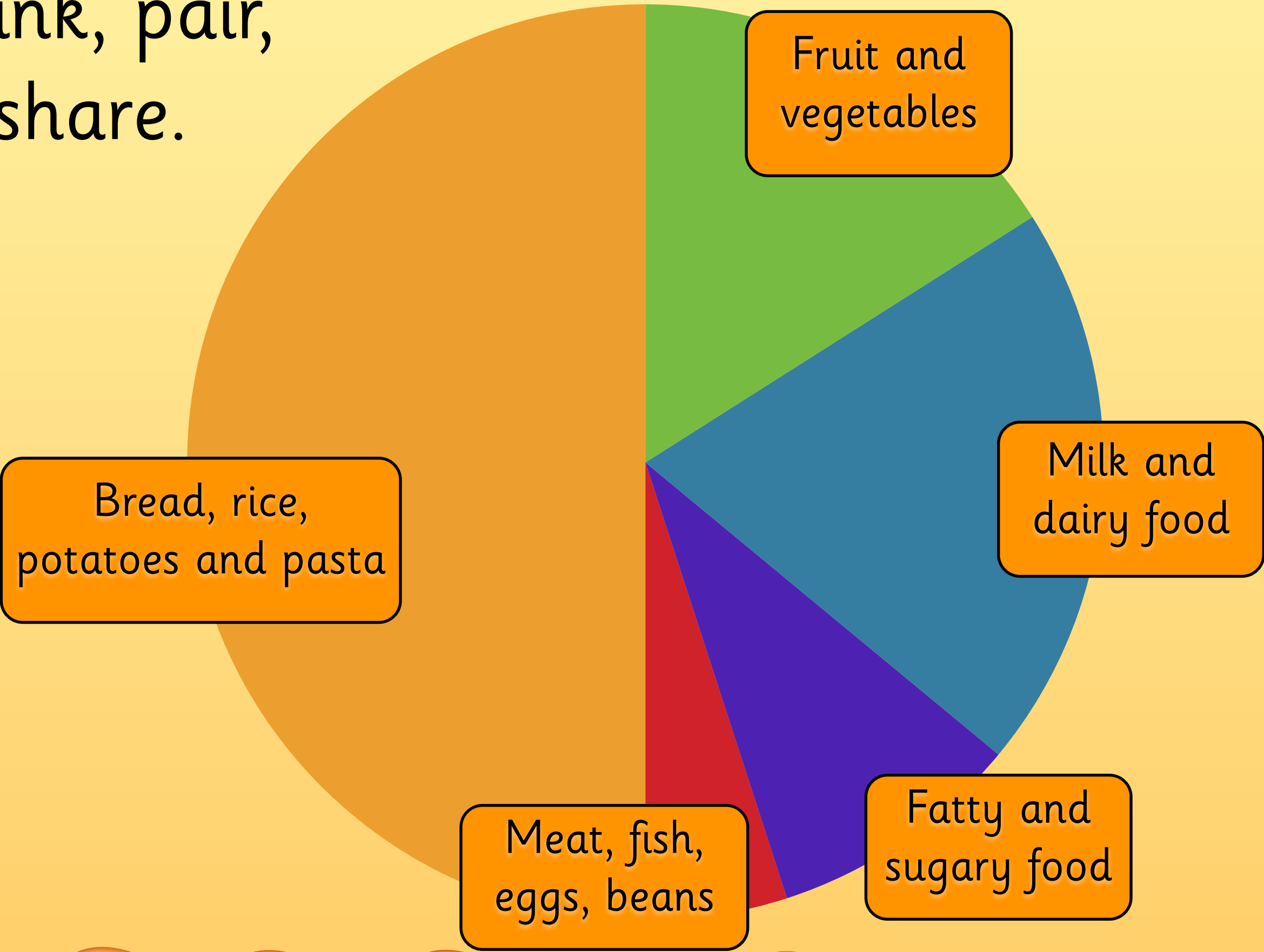


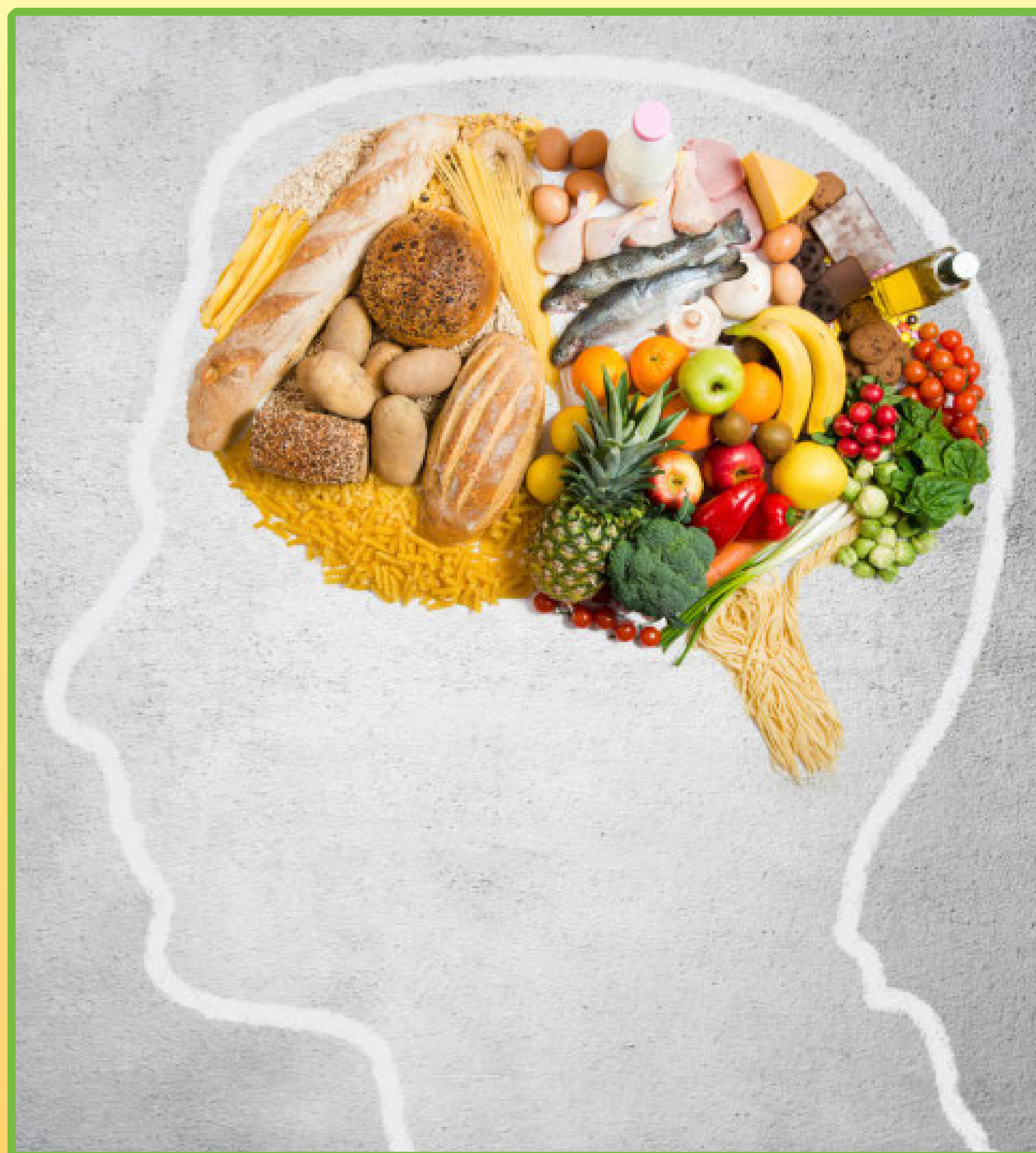
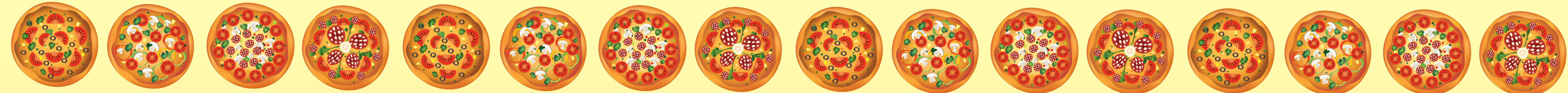


Do you think my diet would be balanced and healthy if I ate this homemade pizza for dinner every day this week?

Think, pair, share.

This pizza has more vegetables and less fat than the previous pizza. There is a lot of bread and the only source of protein is from the mozzarella.





You would not have a balanced, healthy diet if you ate either of the pizzas every day! To be healthy you should have a varied diet. This means eating different things for each meal in a week.

