

Name: _____ Date: _____



Put your favourite pizza ingredients into this balanced plate. Then answer the questions below.

Bread, rice,
potatoes and pasta

Fruit and
vegetables

Meat, fish, eggs,
beans

Milk and dairy food

Fatty and sugary
food and drinks

Which items on your
pizza are in the **fruit and
vegetables** group?

Which items on your
pizza are in the **red protein**
group?

Is your pizza
a balanced meal?

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Fruit and
vegetables

Meat, fish, eggs,
beans

Milk and dairy food

Which items on your
pizza are in the **red protein**
group?

Fatty and sugary
food and drinks

Which items on your
pizza are in the **fruit and**
vegetables group?

Is your pizza
a balanced meal?

How could you make your pizza
healthier?

Are there any food groups missing
from your pizza?

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Put your favourite pizza ingredients into this balanced plate. Then answer the questions below.

Bread, rice,
potatoes and pasta

Fruit and
vegetables

Meat, fish, eggs,
beans

Milk and dairy food

Are there any sources of
fat or sugar on your pizza?
What are they?

Fatty and sugary
food and drinks

Is your pizza
a balanced meal?

Which items on your
pizza are in the **fruit and
vegetable** group?







How could you make your pizza healthier?

Which items on your
pizza are in the **red protein**
group?

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What is the most popular pizza in your class? Ask as many people as you can and mark a tick in the chart for each answer.

Pizza	Is this your favourite pizza?	How many people altogether liked this pizza?
Margarita 		
Four Seasons 		
Seafood 		
Pepperoni 		
Ham 		
Vegetable 		
Other		

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A pictogram to show our favourite pizzas






















Margarita	Four Seasons	Seafood	Pepperoni	Ham	Vegetable	Other

Which was the most popular pizza?
How many people chose it?

Which was the least popular pizza?
How many people chose it?

How many people chose the vegetable
pizza?

How many people chose a vegetarian
pizza?

		
bread base	spinach	pepper
		
onion	aubergine	tomato
		
olives	mushroom	sweetcorn
		
pine nuts	apple	pineapple
		
salmon	sardines	chicken
		
ham	egg	pepperoni
		
tomato sauce	capers	cheese

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potatoes and
pasta

Fruit and
vegetables

Meat, fish,
eggs, beans

Fatty and
sugary food
and drinks

Milk and
dairy food