Cooking
Key message: Cook a range of flour-based recipes using a variety of food skills, safely and hygienically.

Objectives
- identify the get ready to cook steps and explain why these are necessary
- make a dish (pizza) in a safe and hygienic way
- use taught food skills to make a dish

Resources
- Get cooking guide
- Ingredient checking letter
- Pizza maker sheet
- Bread roll recipe video
- Get ready to cook! PowerPoint
- Ingredients and equipment for making bread bases and preparing toppings.
- Bread roll recipe (for pizza base)
- Skills videos (www.foodafactoflife.org.uk):

Introduction
Before the session, read the Get cooking guide to help you prepare. You may also wish to send the Ingredient checking letter home to be completed by parents/carers. Look at the Pizza maker sheet for pizza topping ideas and making tips.

Explain to the children that will be making a pizza. They will make a bread dough base and then top it with ingredients.

Ask the children if they can name the ingredients that will be needed to make the bread. Explain that bread is usually made with ‘strong’ flour. Strong flour is made from a harder type of wheat. The flour from harder wheat contains more of something called gluten than other flours. Gluten helps make the bread dough stretchy so it can rise. Gluten also sets in the heat of the oven to give the bread its shape. Like other flour, strong flour is available in white, brown and wholemeal varieties.
How do you make pizza?

Question the children:
What needs to be added to the flour to make the bread dough rise? (Yeast)
How does the yeast work? (Explain that the yeast is a living organism which uses food, warmth and moisture to grow. As it grows, it produces gas which gets caught in the bread dough and makes it rise.)
What other ingredients will you need to make a pizza?

You could show children the Bread roll recipe video so they can see a demonstration of how bread is made.

Ask the children what they need to do to get ready to cook. Use the Get ready to cook! Presentation to discuss what they need to do.

Get yourself ready to cook and demonstrate how to make the bread dough using the Bread roll recipe. The recipe makes four bread rolls so could be used to create four mini pizzas or divided into less portions to make larger pizza.

Activity ideas
Task the children to get ready to cook and work in the groups you have allocated to make their bread dough.

While the dough is rising, you can gather them back around to demonstrate how to:
shape their dough into a flat pizza base;
spread their base with a small amount of passata;
use appropriate skills to prepare their toppings (see Pizza maker sheet for ideas and Skills videos for how to teach food skills safely).

When the children have made their pizzas, they can be placed on a baking tray and cooked.
How do you make pizza?

Round up
Recap the learning by questioning the children:
What type of flour did we use for the pizza base? Why?
What did we use to make the base rise?
Can you think of other types of base that you could use to make a ‘quick pizza’ e.g. bagel, English muffin, baguette.
How can we make healthy changes to the pizza? E.g. brown or wholemeal flour (to increase fibre), reduced fat cheese, lots of vegetable topping.

Extension ideas
- Make another pizza with a different base and toppings.
- Find out about the history of pizza.

Fun Facts
The word ‘pizza’ was first recorded in 997 AD in Gaeta, Italy.