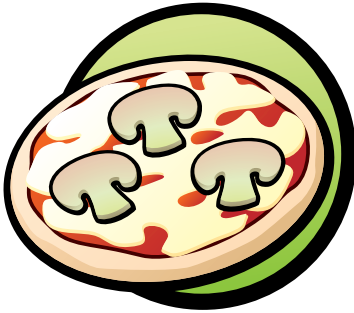


# Ship-Shape Mini Pizza

Turn your classroom into a **no-bake pizzeria**. This recipe not only creates a nutritious snack, it's an opportunity to talk about - and eat - different shapes.



**SUGGESTIONS** For variations of this recipe, switch the crust to soft tortillas. You also can use bagels or English muffins, but they limit your shape possibilities.

## what you need:

- whole-wheat pitas in a variety of sizes
- prepared tomato sauce (homemade, jarred, or canned) or fresh chopped tomatoes
- shredded mozzarella cheese
- paper plates
- plastic utensils
- suggested toppings: shredded carrot, chopped broccoli or spinach, sliced black olive or mushroom, chopped or crushed pineapple

## what to do:

- 1** Cut the pitas into squares, rectangles, triangles, and semi-circles. Leave some as circles, too.
- 2** Set out the sauce and toppings.
- 3** Introduce the activity by explaining that foods come in different shapes. For instance, a pizza is usually round and cut into triangle slices.
- 4** Invite the children to choose whatever shape pita they like. Then, let them add sauce and toppings.
- 5** Once everyone begins eating, ask the students which shapes they chose. Would a circle pita taste different from a triangle or square one? What shapes are their favorite fruits and vegetables? Can they think of any square foods (slice of bread, cheese)?

**HELPFUL TIPS** Whenever kids are cooking, aprons are a good idea. To suit up your budding chefs, why not make aprons as a craft activity? Use butcher paper and yarn for a traditional apron that ties at the neck and waist. Or, if using grocery bags, cut out armholes and make vests that can be worn with the opening in the back.

Another idea: Instead of a spoon, consider giving the kids pastry brushes to spread the sauce.

