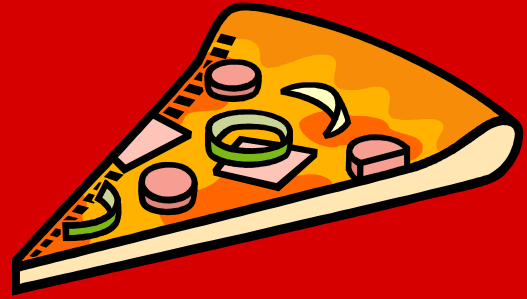




# Literacy Pizza!

Healthy food helps kids learn and grow. Pizza is something everybody likes, is easy to make and fun to do together.



## The toppings

Be creative! Put your favourite meats and vegetables on your pizza. Caribou, deli meats, fried ground beef! Pineapple, green peppers, even broccoli! Try something new.

Pizza often has mozzarella on it but other cheese will work too.

Have your child practice their writing by making a grocery list of pizza toppings to buy. They can also read the recipe and talk to you about the ingredients!

## The baking

Commercial pizza ovens can be as hot as 1000F! Most of us don't have a home oven that can do that, but most ovens will go to 500F so at home cook your pizza at that temperature. It will help you get a crusty crust and perfect toppings.

## The Dough

Pizza dough is easy!

- 4 ½ cups all purpose flour
- 2 tsp salt
- 1 tsp yeast
- ¼ cup oil
- 1 ¾ cup slightly warm water

Mix the ingredients together and then knead the dough for about 10 minutes – once the dough is smooth and stretchy you know you are done!

Let it rise for about 1 hour

Stretch it onto a pizza pan or cookie sheet and then add the toppings!

My son loves to grate cheese so every time we make pizza he grates the cheese and we share stories together in the kitchen