

Shared Pizza Event

Objective:

By the end of the lesson, participants will have an understanding of the making of homemade, locally grown, tasty, nutritious, seasonal pizzas. They will work together in groups, fostering teamwork and communication skills. This lesson aims to enable participants to have a fun and interactive cooking experience while learning about the importance of healthy eating.

Duration: 3 hours

Participants can be organized into groups or pairs to promote collaboration and teamwork.

Depending on setting and available resources this can take place inside or outside.

Equipment and Resources:

Cooking facilities (kitchen space, oven, stovetop) Ingredients for pizza making (dough, sauce, cheese, vegetables, herbs)

Utensils (rolling pins, mixing bowls, knives, cutting boards, baking trays)

Aprons and gloves for food hygiene

Timer or clock

Printed recipe cards or handouts

Plates, napkins, and cutlery for serving

No prior knowledge required as this lesson will cover all necessary steps in pizza making.

1. Introduction (10 minutes)

Start by discussing the concept of homemade, locally grown, tasty, nutritious, seasonal pizzas.

Explain the goals of the lesson, including working together, having fun, and learning to make healthy choices.

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2. Group Formation (5 minutes)

Assign students into groups of 3 or 4, considering the dynamics and abilities of the students.

In each group, assign roles such as a leader, a timekeeper, a recipe reader, and a helper, to ensure everyone has a responsibility.

3. Recipe Demonstration (15 minutes)

Show the recipe card on the whiteboard or projector and explain each step clearly.

Highlight the importance of hygiene and food safety throughout the cooking process.

Discuss the various ingredients and their benefits to encourage healthy eating choices.

4. Pizza Making Activity (2 hours)

Provide each group with the necessary equipment, ingredients, and printed recipe cards.

Guide the participants through each step, encouraging teamwork and problem-solving.

Monitor and assist any participants that have additional needs, providing additional support as required.

5. Cooking and Waiting Time (30 minutes)

While pizzas are baking, engage participants in related activities to make the most of waiting time.

These could include discussions about the benefits of homemade cooking, food waste, or sustainability. Some help on facilitating a discussion:

Homemade cooking offers a wide range of benefits. Firstly, by preparing our own meals, we have control over the ingredients we use, ensuring that our food is fresh and healthy. Additionally, homemade meals tend to be more cost-effective than eating out or relying on convenience foods. By honing our cooking skills, we can create delicious dishes that cater to our taste preferences.

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Food waste is a pressing issue globally, and homemade cooking can help tackle this problem. When we cook at home, we are more likely to use the whole ingredients, minimizing waste. For example, vegetable trimmings can be transformed into nutritious broths, and leftovers can be reinvented into new meals. By embracing homemade cooking, we can reduce our carbon footprint and make a positive impact on the environment.

Sustainability is a key aspect of responsible living. Preparing meals at home allows us to make conscious choices about the origin and quality of our ingredients. By supporting local farmers and choosing organic produce, we contribute to sustainable farming practices. Additionally, cooking at home reduces our reliance on packaged and processed foods, leading to less waste and overall environmental impact.

6. Pizza Tasting and Reflection (20 minutes)

Once the pizzas are cooked, have each group present their creations to the class.

Allow participants to taste each other's pizzas while discussing the flavours, textures, and the process of making them.

Encourage participants to reflect on what they have learned and how they can apply this knowledge to their daily lives.

7. Clean-Up and Conclusion (10 minutes)

Instruct participants to clean up their work areas, emphasizing the importance of cleanliness and responsibility.

Summarize the main points of the lesson and thank the students for their participation.

Provide time for any final questions or feedback.

Note: It is essential to consider and accommodate any dietary restrictions or allergies among the participants when selecting ingredients for the pizzas.