



4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

Club Activity Idea: There's A Cow on My Pizza

Outcome Area: ___ SET ___X_ Healthy Lifestyles ___ Life Skills ___ Career Development

Curriculum Area: Animal Science, Food and Nutrition, Plant Science

Specific Project (s): *Dairy, Everyone a Gardener, Six Easy Bits, Fast Foods, Tasty Tidbits*

Description of Activity: Pizza is one of the most popular foods in the United States. Pizza contains foods from four different food groups in the MyPyramid, so it is considered a healthy food. Throughout the lesson, youth will learn pizza doesn't just come from a box or restaurant; it actually comes from the farm "and has a cow on it".

Age Level: 8-12 years

Group Size: Any

Time Involved: Preparation time: Varies depending on number of activities done Activity time: 40 to 60 min.

Materials Needed:

ACTIVITY	WHAT IS NEEDED
1. Riddles	One copy of riddles
2. Story	One copy of story
3. Survey	Copies of survey "On My Pizza I like..." (one per participant), pencils
4. Make Pizza	Pizza ingredients, toppings, work space, oven, cooking utensils
5. Picture	Copies of picture (one 1/2 sheet per participant), scissors, crayons, pencils, colored pencils, markers, etc
6. Eat Pizza	Paper goods (plates, napkins, forks, cups, beverages)

Activity:

1. Riddles (See Riddles on Page 2)
2. Story *There's a Cow on My Pizza*. (See Story on Page 2)
3. Survey, *On My Pizza I like....* (See Survey info on Page 3 and Survey on Page 5)
4. Make Pizza (See Pizza info on Page 3)
5. Draw a Picture. (See Picture info on Page 3 and Picture on Page 4)
6. Eat Pizza!



1. Riddles

Directions: Engage student interest by asking several riddles to lead into discussion about the origin of pizza. Feel free to make your own riddles about some pizza toppings or history.

I begin as a kernel. I am taken to the mill to be ground into flour. Yeast and other things are added to me. I am kneaded and left to rise. What am I? **(dough)**

I come from an animal with four legs and I have a unique stomach because it has four parts. I am Nebraska's #1 livestock product. What am I? **(beef)**

I grow in a field. I am picked when red. I am cooked and seasoned with spices. What do I become? **(tomato sauce)**

I am an animal with two legs. I normally grow to be about 6-8 pounds. What am I? **(chicken)**

I come from the milk of a cow. I can be sent to the processing plant and turned into something yellow or white. I melt easily. I often show up between 2 slices of bread. What am I? **(cheese)**

I grow in the ground and when I'm cut open I often make people cry. What am I? **(onion)**

I come from an animal with four legs and a snout. I may show up as a topping on one of your favorite foods. What am I? **(pepperoni or sausage)**

I am generally grown in the garden during the summer months in Nebraska. I come in many shapes, sizes, colors and flavors. I grow on plants. What am I? **(peppers)**

Look at the list of answers to these riddles. Can anyone think of a way they are all connected? **(they are all pizza ingredients)**

2. Story

Directions: Have a Jr. Leader or older 4-H member read the story below to your club members.

Pizza is one of the most popular foods in the United States. Pizza contains foods from four different food groups so it is considered a healthy food. Some kids think pizza comes from a pizza restaurant.

But, I know better. Pizza comes from the farm, and it has a cow on it.

Pizza would not be pizza without the crust. The crust is made from flour, which comes from the wheat plant. Wheat is grown on a farm.

Tomato sauce usually comes on top of the crust. Tomatoes are grown on Nebraska farms.

Next, there is a cow on the pizza! A cow on my pizza? How can that be? Well, you see, cheese comes from milk. Milk comes from cows. So, the cows that are on farms produce milk that is turned into cheese. If there is cheese on your pizza, then I guess there must be a cow on your pizza.

Finally, your pizza may contain some toppings. What is your favorite topping? Is it pepperoni or sausage? Both of these toppings come from hogs. Do you like peppers or onions or mushrooms? These are all vegetables that come from the farm.

It is easy to see that although your pizza may come from the box or even from a pizza restaurant, pizza begins on a farm!

3. Survey

Directions: Survey your fellow club members and other 4-H volunteers. What do the majority of people in your club like to have on their pizza? Club members can alter the ingredients on the survey to fit the needs of locally grown/raised agricultural commodities. Survey sheet can be found on page 5

4. Make Pizza

Directions: Now it is time to make your own pizza. As club leaders, you can alter this activity to fit the needs of your individual club. Listed below are some ideas for you to use:

Youth can make their own pizza using buttermilk biscuits, english muffins, or pita bread as a crust. Or make larger pizzas if it works better for your club situation. Top with canned or homemade pizza sauce. Add a slice of pepperoni, other meat (s) and vegetables of your choice. Sprinkle with grated mozzarella cheese, Parmesan or your choice of cheese. Bake at 350 degrees until cheese melts. Enjoy!

For larger pizzas, follow the directions on the store-bought crust package for bake times.

5. Picture

Directions: Using the “There’s a Pizza on My Farm” coloring sheets, have your club members draw a picture that shows a pizza on a farm. Remember the things you heard about in the story, are there more things you can add to your pizza that come from a farm? The picture is included on Page 4. You will need to cut the sheets in ½ and each member will get one ½ sheet to use.

6. Eat Pizza!

Remember:

Paper products for the pizza and to follow food safety guidelines (wash hands, work area, and veggies)

To complement the pizza, try a healthy beverage such as water, milk, or 100% fruit juice. Enjoy!

Lesson developed by: Sonya Glup and Tanya Crawford, University of Nebraska-Lincoln Extension, 4-H Youth Development

Sources: Maryland Ag in the Classroom, Kids Learn Tool Kit, Farm Service Agency

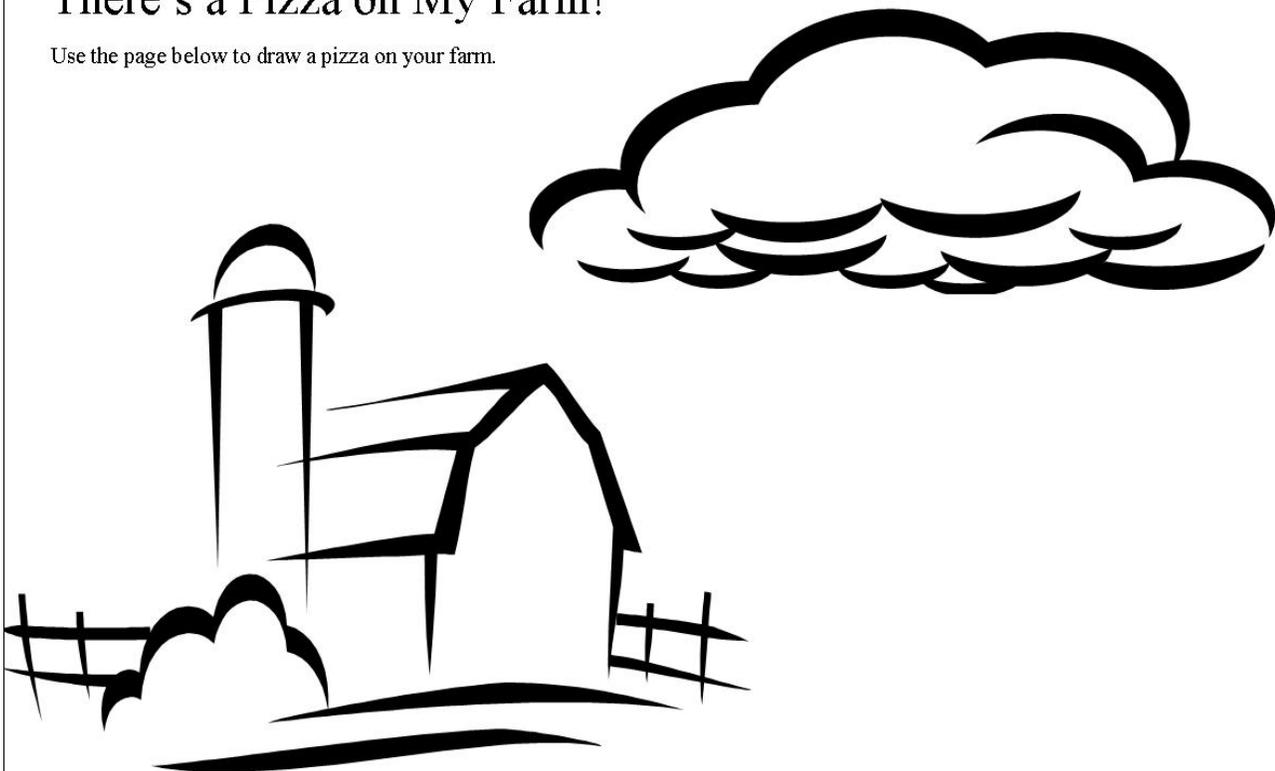
There's a Pizza on My Farm!

Use the page below to draw a pizza on your farm.

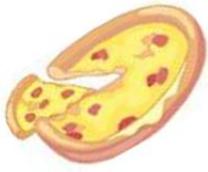


There's a Pizza on My Farm!

Use the page below to draw a pizza on your farm.



Name: _____



On My Pizza I Like...

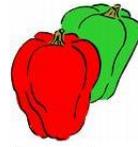
Directions: Survey your friends and see which ingredients listed below they prefer to top their pizza.



Cheese



Mushrooms



Green Peppers



Pepporoni



Onions



Hamburger