

What You Will Need

This section is built around the book *The Edible Pyramid—Good Eating Every Day* by Loreen Leedy. In the book, the children will read about the different food groups, and how some foods, like pizza, contain many or all of the groups.

For this reason, we have selected mini-pizzas as the snack to go with the book. These mini-pizzas can be baked in a regular oven, or a toaster oven if necessary. The pizzas can be individualized for each participant, and it is a great opportunity to discuss how “all foods can fit.”

Equipment:

oven or toaster oven

baking sheet

spatula

spoon for each
ingredient

hot pads (2)

can opener

strainer

knife

cutting board

Ingredients:

1 can of refrigerator biscuits (7.5 ounces)

1/4 cup pizza sauce

2/3 cup diced ham

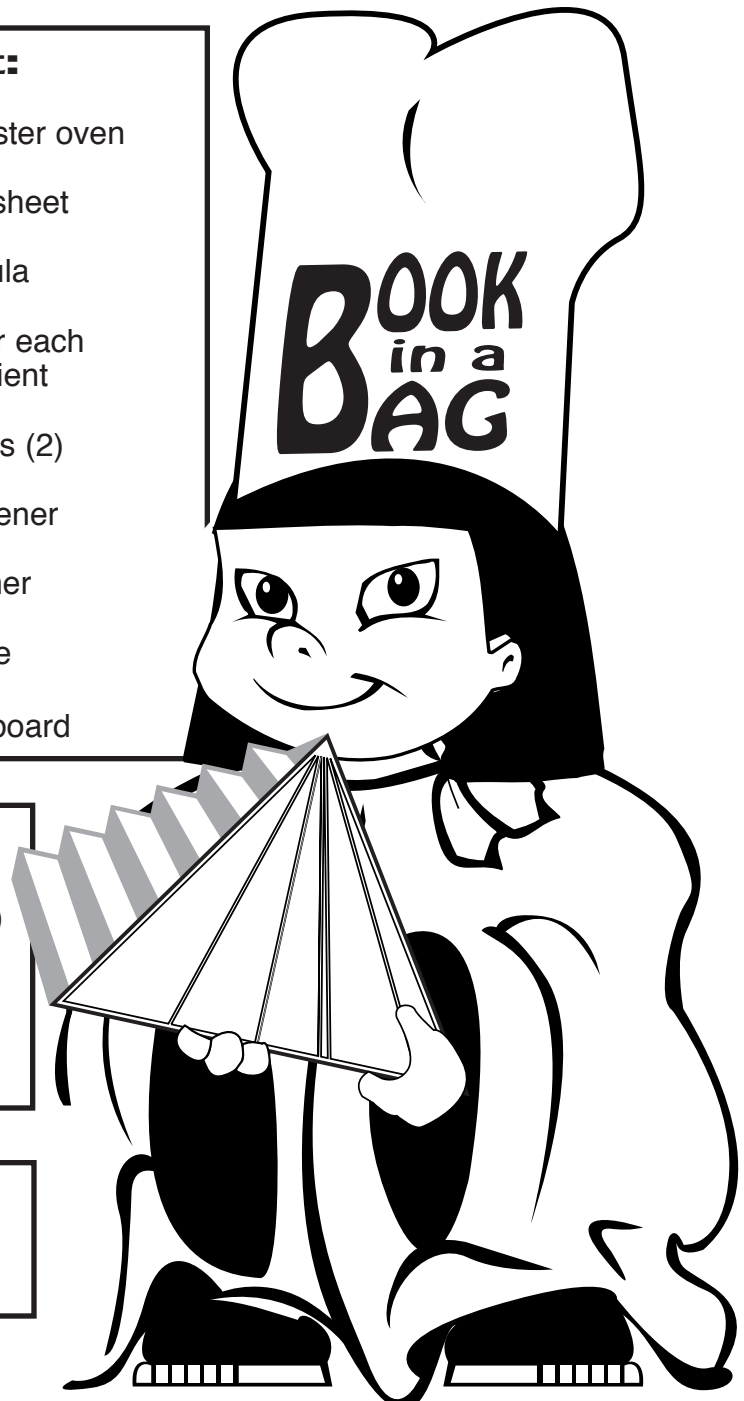
1/2 cup crushed pineapple, drained

2/3 cup shredded mozzarella

Serving supplies:

paper napkins

paper plates (if desired)





Pyramid Pizza Snacks

10 servings

- 1 package (7.5 ounces) refrigerated biscuit dough
- 1/4 cup pizza sauce
- 2/3 cup diced ham
- 1/2 cup crushed pineapple, drained
- 2/3 cup shredded mozzarella cheese

1. Preheat oven to 400 degrees.
2. Spray baking sheets with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake for 8-10 minutes or until biscuits are light brown and cheese is melted.

Optional: Substitute chopped green pepper, turkey pepperoni, or cooked ground beef for basic ingredients as desired.

Nutrition Facts	
Serving Size (56g)	
Servings Per Container 10	
<hr/>	
Amount Per Serving	
Calories 110	Calories from Fat 45
<hr/>	
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	9%
Cholesterol 10mg	3%
Sodium 400mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber less than 1 gram	3%
Sugars 3g	
Protein 5g	
<hr/>	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	