

# What You Will Need

## Ingredients:

*Why Should I Eat Well?*

One can 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 cheese

## Equipment:

Oven or toaster oven  
Baking sheet  
Spatula  
Spoon for each ingredient  
Two hot pads  
Can opener  
Strainer  
Knife  
Cutting Board

## Related Activities:

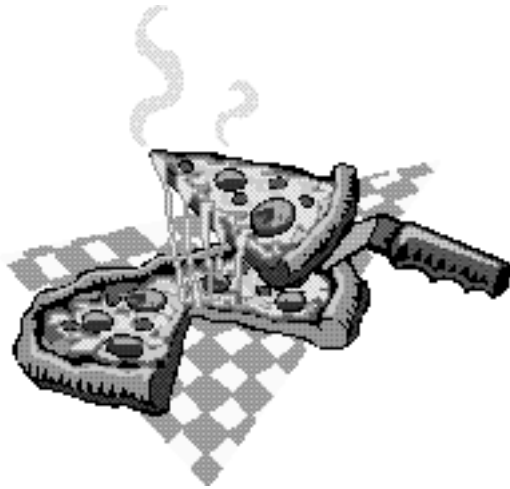
### Food Group Relay

Set up end points (mats, blocks, etc) that match the MyPyramid food group colors. Two lines of kids pick a food picture (from magazines, food models, etc.) and run to the end point that matches up with the pictured food group, then runs back to tag the next runner. Each child takes a turn - first team to deposit all their pictures wins!

### Pyramid Scramble

Students form a circle of chairs or carpet squares. Designate one student to be "it" and stand in the middle of the circle. Each player, including "it", has a food picture from one of the MyPyramid groups (from magazines, food models, etc.) All players keep their food picture secret or to themselves, and the "it" calls out one of the food groups - "Milk group" for example. All players with a food from the milk group exchange places with another milk group player, and the "it" tries to get an open seat before a player can move into it. The last child standing is now "it" and chooses another food group, and the scramble begins again! If the "it" calls "Pyramid Scramble!" all players change seats, and the "it" can move into any open seat. Encourage players to move farther away than the seat next to them to increase movement.





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