

Pizza in a Bag



Makes 4 (6-inch) Pizzas

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Utensils

- Plastic bag-1 gallon, sealable
- Graduated dry measuring cups- 1, 1/4 cup
- Liquid Measuring Cup
- Measuring spoons- 1/8 teaspoon, 1 teaspoon, 1 tablespoon
- Straight-edged knife or bowl scraper
- Pastry mat, large bread board, or clean work surface
- Baking sheet with parchment paper
- Rolling pin
- Pizza cutter
- Pizza sauce
- A variety of toppings
- Cheese

Nutrition Facts

These facts are for 1 (6-inch) pizza crust. Your choice of toppings will add color, flavor & additional nutrients.

Nutrition Facts			
Serving Size (74g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 35	
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 31g			10%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 5g			
Vitamin A 0%		• Vitamin C 4%	
Calcium 0%		• Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

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Introduction to Program

1. Welcome. Introduce yourself.
2. Just checking- has everyone washed their hands and have aprons on?
3. Let's look at the recipe for Pizza in a Bag...
4. Remember, the ingredients are not pre-measured!
5. Show how to measure flour- stir flour, spoon into dry measuring cup and level off with blue bowl scraper. (Remember, adults should make a pizza, too!)
6. Talk about All-Purpose Flour and Whole Wheat Flour.
7. Show the Kernel Chart to demonstrate the 3 main parts of the wheat berry
8. Water temperature; explain why the water temperature is important (Yeast is a living plant and bakers can kill it with water that is too hot- over 130 °.
9. After we make the pizza each table should place their plastic bag in the trash can.
The plastic bag is the only thing that will be tossed in trash.
10. Place all other items that need to be washed in the tubs in the kitchen.
11. The adults will bake your pizza.
12. When you come back, you can pick up your pizza in the kitchen and enjoy pizza, salad, fruit and a cookie. Lemonade, milk and water are the beverages.
13. Bon appetit! Adults at each table can help guide the youth.

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Then add _____

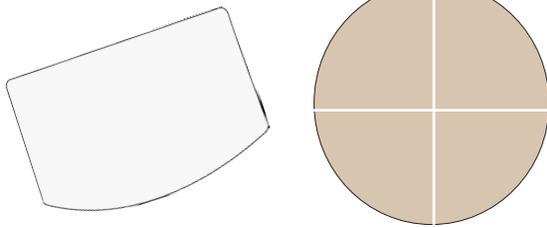
1 to 2 tablespoons all-purpose flour to form dough that pulls away from side of bag.

Knead dough _____

Work dough in bag with your hands in a folding-back and pressing forward motion for 1 to 2 minutes.

Remove dough to pastry mat or clean work surface _____

Using bowl scraper, divide dough into four equal pieces.



Pat or roll dough _____

Roll into 6-inch circles about 1/4 inch thick.

**Tip: If dough springs back, cover with plastic wrap and let dough rest 5 minutes.*

Place dough on parchment lined baking sheet _____

Top with 1-2 tablespoons pizza sauce, toppings and cheese.

Write your name by your pizza.

Bake 10-15 minutes, or until lightly browned.

Slice with pizza cutter and serve hot with lettuce salad, fruit and milk.