

Pizza in a Bag

Leader Guide



Makes 4 (6-inch) Pizzas

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Supply List

- Set up tables with 2 work stations per table. The recipe makes 4 (6-inch) pizzas, so 3 youth and 1 adult at each station works well.
- Containers of all-purpose flour and whole wheat flour for each table
- Individual fast-rise yeast packages or jars
- Granulated sugar, salt and oil at each table or a central area they can obtain ingredients
- Hand washing soap
- Paper towels
- Plastic aprons
- Copies of recipe (1 for each station)
- Little scissors to open yeast
- 1 large, insulated thermos for hot water or individual thermos for each table (water should be (120°-130°F)
- Digital thermometer, to check the water temperature
- Toppings
- Rulers
- Name tags/markers
- Plates, napkins, cups
- Conventional or convection oven, preheated

Utensils (one station)

- Copy of recipe
- Plastic bag-1 gallon, sealable
- Graduated dry measuring cups- 1 cup, 1/4 cup
- Liquid measuring cup - 1 cup
- Measuring spoons- 1/8 teaspoon (or 1/4 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
- Pencil
- Rolling pin
- Spoon - to stir flour and scoop
- Pizza cutter
- Pizza sauce
- A variety of toppings

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Introduction to Program

1. Welcome. Introduce yourself.
2. Just checking - has everyone washed their hands and have plastic aprons on? Adults at each table can help guide the youth. Name tags for all participants are helpful.
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 or plastic knife. (Remember, adults should make a pizza, too!)
6. Explain 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 organism and bakers can kill it with water that is too hot- over 130°F.)
9. After the pizza dough is made, each table should place their plastic bags 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 a large tub.
11. The adults will bake your pizza. Watch carefully!
12. Each participant will enjoy their pizza! Salad, fruit and a cookie could also be served. Lemonade, milk, orange juice and water are suggested beverages.
13. Bon appetit!

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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%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		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	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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