



Recipes



Preschool

Garden Plot Pizza

Prep time: 15 minutes

Makes: 1 pizza per child

Tools:

- Small bowls and spoons
- Plates
- Child-safe knives

Ingredients:

- 1 flour tortilla or pita per child
- 1 tbsp spread per pizza (e.g. hummus, yogurt, cream cheese, ranch dressing)
- Toppings such as ribboned carrots, thinly sliced bell pepper, tomato, small pieces of broccoli, lettuce or black olives

Directions:

1. Have children and teachers wash hands before and after any food handling is done.
2. Sanitize all work areas before and after each food activity.
3. Prep all toppings and ingredients into small bowls.
4. Have children sit at a table and place one tortilla or pita in front of them.
5. Give them a child-safe knife and ask them to put the spread onto the “pizza” crust.
6. Place all prepped ingredients in front of them and ask them to pass the toppings, using a spoon to scoop the toppings onto their pizza.
7. Once all children have made their garden plot “pizza,” go around and cut the pizza into slices if they would like.
8. Enjoy.

