

TEACHER MATERIALS - Pizza

- CONCEPTS:** Social Studies
- technology
(economic pp. 60, 66)
 - scarcity (economic p. 68, 72)
 - environment
(geographic p. 76, 80)
 - interdependence
(economic pp. 60, 62, 66)
 - identity (economic p. 58)
 - culture (economic p. 58)
- Life Science - 1A - 2.16, 2.5
 - 1B - 1, 3
- Physical
Science - 1C - 1.11, 1.12, 2.3, 2.5
- Reading
- comprehension
 - vocabulary
- Listening and
Speaking - IV
- objective 1
 - objective 2
- Composition
- to describe
 - to express self
 - grammar

- OBJECTIVES:**
1. The students will be able to describe where pizza comes from and what goes into it.
 2. The students will be able to describe the path of food from the farm to them.
 3. The students will make their own pizza.

- ACTIVITIES:**
1. Use the pizza poster "The Source."
 2. Have the students read page 24 in "The Source" and identify the ingredients listed in the booklet and locate them on the pizza poster.
 3. Make pizza using the recipe on page 2-179.
 4. Have the students list their favorite pizza topping or ones they'd like to try.
 5. Have the students describe the taste, feel, and smell of pizza in writing.

Pizza Recipe

Dough

1 package yeast
1 1/4 cup warm water (110 - 115°F)
3 1/2 - 4 cups flour
1 teaspoon salt

Sprinkle yeast onto warm water, stir until thoroughly mixed. Add salt and 2 cups of flour. Mix thoroughly and add remaining flour. Knead dough until smooth and elastic (10 minutes).

Place in greased bowl, roll dough to coat dough with grease. Cover with a damp dish towel. Place in a warm area, allow to rise until double in size (30 minutes).

Turn onto floured board, knead just enough to remove large bubbles.

Shape dough to pan (large cookie sheet or pizza pan).

Topping*

1/2 quart tomato sauce
1 teaspoon oregano
1 onion - size as desired
1 grated carrot
1 green pepper
1+ package grated mozzarella cheese
mushrooms
pepperoni or sausage
parmesan cheese

Cover dough with tomato sauce. Add onion (chopped or sliced into thin rings), pepper, and grated carrot. Cover with mozzarella cheese. Add mushrooms and pepperoni and/or sausage on top. Sprinkle with parmesan cheese.

Bake in oven at 450°F for 20 - 25 minutes.

* Choice of toppings is optional, pizza can be made as nutritious as desired.

Information - Pizza

Whether rumor, fact, or heresay, it is believed that the Greeks first made pizza. When the Greeks occupied Italy (between 730 and 130 B.C.) they introduced a flat round bread baked with oils, garlic, herbs, olives, vegetables and covered with cheese. They left a rim of crust around the outside to hold onto.

The pizza's form today was introduced in 1889 when a Neapolitan baker, Raffaele Esposito, combined tomatoes, whole fresh basil, mozzarella cheese on a pie shaped crust. It is said that he chose these ingredients because they were the colors of the Italian flag--red, green, and white.

When Italians immigrated to the United States, pizza came with them (in the late 1800's). The first Italian pizzeria was opened in Ginnaro Lombardi in New York City. Until World War II, Italian neighborhoods were the exclusive domain of pizzerias.

One of the many changes brought by WWII was the exposure GI's had to pizza. When they returned from war, they spread pizza across the United States in a big way. Refrigeration and gas ovens made it easier for small businessmen to open and operate pizzerias. They spread across the country.

Today, each American consumes 22.5 pounds of pizza a year. As a nation, that means that we eat ninety acres of pizza per day--an acre is the size of a football field. Ninety acres of pizza would fill Yankee Stadium more than eight times.

Who eats the most pizza? Coming in first is Chicago and the North Central States (each person eats pizza on average 35 times per year). Second, are the residents of the Pacific States who each eat pizza twenty times per year. Only hamburgers sell more often than pizza. Fourteen percent of all U.S. restaurants specialize in hamburgers versus ten percent specializing in pizza. McDonald's has been working on developing McPizza for a number of years so these numbers may soon change. Pizza restaurants are on the increase while hamburger restaurants have declined 26 percent in the past five years.

What do people like on pizza? --The works! Second, is pepperoni; third, mushrooms; fourth, extra cheese; fifth, sausage; sixth, green peppers; and seventh, onions.

Why do pizza makers throw pizza into the air? Tossing pizza dough thins the dough and attracts customers.

How nutritional is pizza? The nutritional content of pizza depends on quantity and type of toppings. The crust has complex carbohydrates. The cheese has protein and calcium. The tomato sauce provides vitamin A. Vegetables add vitamins and fiber. Pepperoni and sausage add fat, salt, protein, spices, and preservatives.