

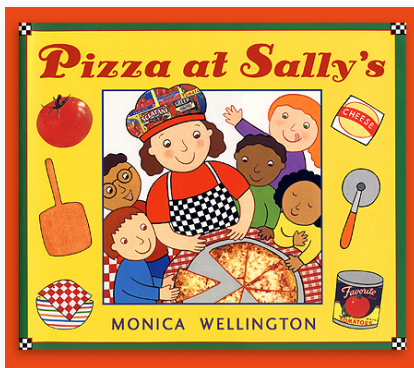
Pizza pizzazz!

Let's play and talk together

- ❖ Play "pizza delivery" with your child. Let your child lead the pretend play.
- ❖ Choose who will order the pizza and who will deliver the pizza. Talk about what kind of pizza you want to eat and who will be making it.
- ❖ Pretend to eat pizza together. Sit down and enjoy a conversation while you eat.



A good read-together book



Pizza at Sally's by Monica Wellington

Hints for success

- ❖ Get down to your child's level when you pretend together. Sit down so you can have a conversation eye-to-eye.
- ❖ Help your child lead the pretend play by asking questions that encourage imagination, e.g. "What kind of car does the delivery person drive?"
- ❖ Add some props, e.g. a menu for take-out pizza and a telephone to order the pizza.

This activity is good for developing imagination, learning about where food comes from and practising meal-time conversation.

Pizza is a healthy meal because it includes all food groups. Children are more likely to try fruits and vegetables if they have a chance to learn about them in a fun way.

I like mushrooms on my pizza. What do you like on your pizza?

Let's play pizza delivery! Who will order the pizza and who will deliver it?

Ways to say it

More ideas for Pizza pizzazz!

Try this way

- ❖ Make pizza menus with pictures of foods that go on pizzas.
- ❖ Make individual pizzas using different breads as bases, e.g., English muffins, pitas, bagels or tortillas.
- ❖ Encourage your child to choose her own toppings.
- ❖ For special days, make pizza treats.
 - Cookie cutter pizzas: for Halloween cut pita bread or English muffins with a jack-o-lantern cookie cutter. Add peppers, mushrooms and ham cut into shapes for eyes, nose and mouth.
 - Holiday pizzas with dough shaped into a heart for Valentine's Day or an evergreen tree for a winter celebration.
 - Fruit pizzas: use biscuit dough as a base, yogurt for "sauce" and slices of apple, banana, pineapple chunks, and other fruits as toppings. Sprinkle with cinnamon.



Physical activity

Mark a line several meters from a hoop or other round object that could be a pretend pizza crust. Place a variety of objects (e.g. bean bags, playing cards, small balls or toys) behind the line. Invite your child to decorate the pizza with "toppings" by carrying one item at a time and putting them on the pretend pizza crust.

Dramatic play

Read *Pete's a Pizza* - and together act out the pizza making, with your child as the "pizza."

Music

I am a Pizza by Charlotte Diamond.

Book link

Pete's a Pizza by William Steig

Safety tips

- Help your child to wash her hands with soap and water before and after preparing food.
- Supervise your child when using knives or other kitchen utensils.
- For active play, make sure the area is clear of obstacles before playing.