



# KidFood

Healthy Eating for Today's Kids

Nutrition Matters

July 2011

## Fun With Pizza

Enjoy a different type of pizza with your children. Use flatbread for the crust.  
Or use pita bread instead of flatbread.

Spread crust lightly with pizza sauce. Use fresh ingredients. Sprinkle lightly with cheese.

Make simple summer meals and spend more time together.  
Create your own special family pizza with your children.

Try one of these pizzas:

### Tomato Basil Pizza

Spread crust with pizza sauce and add:

- Thin slices of fresh tomato
- Chopped fresh basil
- Shredded mozzarella cheese



### Hamburger Pizza

Spread crust with pizza sauce and add:

- Cooked crumbled hamburger
- Finely chopped onion
- Chopped tomatoes
- Shredded cheddar cheese

### Pepper Chicken Pizza

Spread crust with pizza sauce and add:

- Cooked chopped chicken
- Cooked red or green pepper slices
- Shredded mozzarella cheese

## Summer Pizza

Spread with pizza sauce and add:

- Chopped ham or shrimp
- Finely chopped pineapple
- Shredded mozzarella cheese

## Barbecue Chicken Pizza

Spread with barbecue sauce and add:

- Cooked chopped chicken
- Red or green pepper slices
- Chopped fresh spinach
- Shredded mozzarella cheese

## Taco Pizza

Spread with refried beans and add:

- Cooked crumbled hamburger
- Finely chopped onion
- Shredded cheddar cheese
- Serve with salsa, and chopped tomatoes and lettuce.



## Grill or Bake Pizza

**Bake and Share** - Bake in a 400° oven for 7 to 12 minutes until cheese melts and toppings are cooked.

**Grill and Share** - Place flatbread with toppings on indirect heat of grill. Cover grill and heat until cheese melts and toppings are cooked.

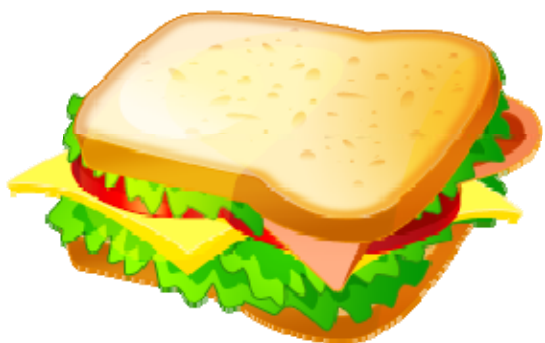
## What's for Lunch?

Ask your child what he would like for a snack or meal when there are choices available.

Parents decide what the choices are.

Give a couple of choices to a small child:

- ☺ Would you like to make a snack with strawberries or an apple?
- ☺ Should we have a tuna sandwich or turkey sandwich for lunch?
- ☺ Should we make a dinner with noodles or rice?
- ☺ Which vegetable should we buy for dinner - tomato or broccoli?
- ☺ Would you like pizza with hamburger or chicken?
- ☺ Should we have peaches or applesauce with our pizza?



## What Can You Do?

- Make a flatbread pizza for my family.
- Give a couple of choices to my child at lunchtime.
- Fill half of my plate with fruits and vegetables.
- Other: \_\_\_\_\_





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## Nutrition Matters

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