

What Is in Your Slice of Pizza?

Vegetarian Pizza

Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 81	
Calories 242	
% Daily Values*	
Total Fat 8.95g	14%
Saturated Fat 3.511g	18%
Polyunsaturated Fat 1.053g	
Monounsaturated Fat 3.841g	
Cholesterol 10mg	3%
Sodium 546mg	23%
Potassium 204mg	
Total Carbohydrate 30.93g	10%
Dietary Fiber 1.9g	8%
Sugars 2.56 g	
Protein 9.33g	
Vitamin A 0%	Vitamin C 17%
Calcium 16%	Iron 13%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Cheese Pizza

Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 91	
Calories 237	
% Daily Values*	
Total Fat 10.1g	16%
Saturated Fat 4.304g	22%
Polyunsaturated Fat 1.776g	
Monounsaturated Fat 2.823g	
Cholesterol 21mg	7%
Sodium 462mg	19%
Potassium 138mg	
Total Carbohydrate 26.08g	9%
Dietary Fiber 1.6g	6%
Sugars 3.06g	
Protein 10.6g	
Vitamin A 0%	Vitamin C 0%
Calcium 18%	Iron 9%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Pepperoni Pizza

Nutrition Facts	
Service Size 1 piece (1/8 of a 12" diameter)	
Amount Per Serving	
Calories from Fat 110	
Calories 253	
% Daily Values*	
Total Fat 12g	19%
Saturated Fat 4g	21%
Polyunsaturated Fat 1.776g	
Monounsaturated Fat 2.823g	
Cholesterol 27mg	9%
Sodium 568mg	24%
Potassium 138mg	
Total Carbohydrate 33.98g	11%
Dietary Fiber 1.6g	6%
Sugars 4.11g	
Protein 13.2g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 13%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Nutrition Values are based on USDA Nutrient Database SR18	

Words to know

- Nutritious
- Carbohydrate
- Calcium
- Calories
- Vitamins
- Minerals
- Protein
- Grain

Using the food labels above, answer the questions below about the nutritional value of pizza.

- Circle in red the pizza that has the most number of calories.
- Circle in green the pizza that has the least number of calories.
- Circle in blue the pizza with the most amount of calcium.
- Circle in orange the pizza with the most amount of vitamins and minerals.
- Are there benefits of a slice pizza not listed on the nutrition facts?



Digging Deeper ...



Chefs are artists. Instead of using paintbrushes, they use knives and other kitchen gadgets to prepare beautiful foods. The foods they prepare are beautiful, delicious and nutritious. In this activity, let's make a chef who will create beautiful, delicious and nutritious foods. You will need permission and help from an adult. Also, make sure your hands are properly washed.

Remember: You should always wash your hands before preparing food and eating. When preparing food start with a clean surface and clean utensils.

Pizza Faces

You will need:

- English muffin or bagel halves; prepared pizza or spaghetti sauce; grated part-skim mozzarella cheese; and vegetables, such as sliced olives, sliced mushrooms, sliced red peppers, chopped onions and spinach. You can add more vegetables to add to the color of your pizza face!
- Spoons.
- Clean work surface and hands.

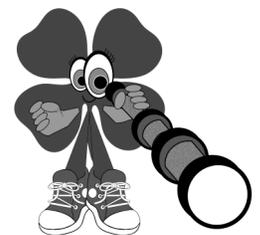
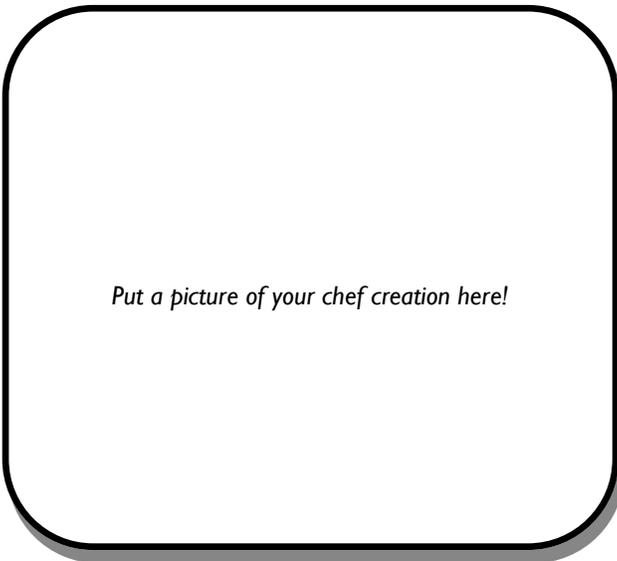
Directions: Spread half of the English muffin with pizza sauce and top with mozzarella cheese. Using vegetables, create a "face" design. Broil 3-4 minutes or until cheese is golden and bubbly.



Career Exploration

If you like this activity, you may want to be a chef when you are older. Get help from an adult to explore careers related to this field.

- Name a career that you are interested in that deals with nutrition:
- What do people with this job do?
- What skills are required?
- What type of training or education is required?
- How much money does a person with this job make?



If you like cooking, then next year you will want to check out all of the exciting projects that 4-H has to offer!



Do You Move 60 Minutes a Day?

4-H members should do 60 minutes of physical activity each day. Activities should get your heart beating more, such as moderate or vigorous intensity aerobic physical activities. They could include playing baseball/softball, chores, jogging, martial arts, volleyball, jumping rope, soccer, trampoline, swimming and roller sports. You also can break your 60 minutes a day into 10, 15 or 30 minutes at a time, too. The activities can be done inside or outside. But, most of all, have fun!

When you move, you burn calories. How long does it take you to burn 253 calories when you ...



Dance:
57 minutes



Play outside:
1 hour, 33 minutes



Play basketball:
43 minutes



Ride your bike in the neighborhood:
1 hour, 19 minutes



Walk:
1 hour, 44 minutes



Watch TV:
3 hours, 37 minutes

- Circle in red the activity above that you enjoy the most.
- A slice of pepperoni pizza has 253 calories; circle the activity in purple that will allow you to burn those calories off the quickest.
- Circle in blue the activity that will burn the pizza calories off the slowest.
- What is your favorite activity that gets you moving? _____

Words to know ...

- Moderate
- Vigorous
- Intensity
- Aerobic
- Physical activity
- Calories

Did You Know?

The following list includes activities and the number of calories burned when doing the activity for 30 minutes:

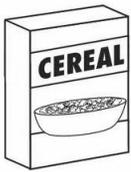
- Bicycling = 82
- Walking = 93
- Trampoline = 82
- Playing Outside = 135
- Basketball = 152
- Soccer = 164
- Horseback Riding = 89
- P.E. Class = 117

Digging Deeper ...



Burning the Calories You Eat!

Pick four of the snacks below that you enjoy eating on a regular basis. Look up the nutrition facts on the package or on the Internet for fruit and find out how many calories are in a serving of that food. Then, using the activity log on this page, write down the food you ate and an activity you did on that day. You can use the examples given on the other side of this sheet to figure out how many calories you burned. Did you burn off the calories of that food doing your activity? If so, circle the food item in green!



Serving of cereal calories: _____



Serving of chips calories: _____



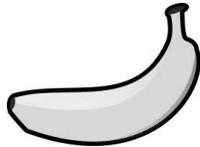
Serving of apple calories: _____



Serving of soda calories: _____



Serving of candy calories: _____



Serving of banana calories: _____



Serving of fruit snacks calories: _____

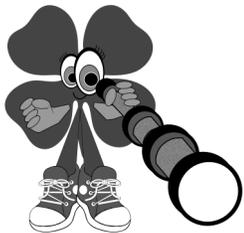


Serving of pizza calories: _____

* Remember: Drinking water is IMPORTANT. You should drink water before and after your activity!

Food You Ate	Activity You Did	Time It Took	Calories Burned	Was It FUN?

Career Exploration



If you liked this activity, you may want a job doing it when you are older. Get help from an adult to explore careers related to this.

- Name a career that you are interested in that deals with nutrition: _____
- What do people with this job do? _____
- What skills are required? _____
- What type of training or education is required? _____

If you like health and fitness, then next year you will want to check out all of the exciting projects that 4-H has to offer!

Nutrition/Health and Fitness

Performing Arts/Recreation