



## Pizzas with Pizzazz



### Post-Viewing Discussion Guide

After viewing *Cooks for Kids: Pizzas with Pizzazz* participants will be able to:

1. Describe techniques used by culinary professionals to produce high-quality pizzas that are flavorful, nutritious, and appealing.
2. Demonstrate healthful cooking techniques in preparing pizzas that are flavorful, nutritious, and appealing.
3. Demonstrate tactics to be used by school nutrition personnel in incorporating healthful pizzas as part of healthy school meals.
4. Demonstrate tactics to be used by teachers and parents in linking healthy eating practices learned in the cafeteria and classroom to the home.

### Discussion Questions:

1. What culinary techniques were used by culinary professionals in the school, restaurant, and home to produce high-quality pizzas?  

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2. What techniques did the chef use to enhance the flavors and nutritive value of the pizzas prepared?  

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3. How could you use these techniques to make pizzas more nutritious and appealing to students at your school?  

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4. What are the advantages of school-made pizzas?  

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5. What are some ways to use more vegetables, beans, and whole grains in your school lunches?  

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6. Why should schools be including more beans, vegetables, whole grain products, and fruits in the school menus?  

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7. What are some ways that you could involve parents and teachers in emphasizing the importance of healthy eating with children?  

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