

## Objective

By the end of this lesson, the student will learn how to create a simple pizza, exploring different textures and flavors while developing fine motor skills and enjoying a fun cooking experience.

## Materials and Prep

- Pita bread or a pre-made pizza crust
- Tomato sauce or pizza sauce
- Shredded cheese (like mozzarella)
- Various toppings (like pepperoni, vegetables, etc.)
- A baking sheet
- An oven (with adult supervision)

Before the lesson, make sure the oven is clean and ready to use. Also, prepare a safe workspace where the child can explore and create their pizza.

## Activities

- **Pizza Base Creation:**

Let the student choose their pizza base (pita bread or crust) and place it on the baking sheet. Encourage them to feel the texture of the base.

- **Spreading Sauce:**

Provide a spoon or a small spatula for the student to spread the sauce on the base. This helps with motor skills as they practice scooping and spreading.

- **Cheese Sprinkle:**

Let the child sprinkle cheese over the sauce. Talk about how the cheese feels and how it looks on the pizza.

- **Topping Time:**

Allow the student to choose and place their favorite toppings on the pizza. Discuss the colors and shapes of the toppings.

- **Baking Together:**

With adult help, place the pizza in the oven. Talk about what happens when we cook food and how it changes.

## Talking Points

- "Look at this pizza base! Is it soft or hard?"
- "Let's spread the sauce! Can you feel it? Is it smooth?"
- "Wow! Look at all this cheese! How does it feel when you sprinkle it?"
- "What toppings do you want? Can you find the red pepperoni? What color is it?"
- "Now we put it in the oven! What do you think will happen? It will get hot and yummy!"