Make-Your-Own Pizza

[Episode 214: Daniel's Love Day Surprise]

Directions

1. Place the ingredients in bowls and then line them up on the table, so that everyone can make his or her own pizza.

2. Using a mixing spoon, spread the sauce on each pizza. Add the cheese.

3. Choose toppings. This is a good opportunity to encourage your child to try at least one new topping – or maybe even two!

4. Put the pizzas on a cookie sheet and place under the broiler or in a toaster oven. The pizzas are ready when the cheese melts.

Take It Further

When you’re preparing a meal or a snack, think about what parts of the work your child may be able to do. Being invited to be an “assistant chef” can make children feel proud, as well as more willing to try some new foods they’ve helped to prepare.

Talk About It

Many families have rules about tasting new foods. You may want to suggest taking just a small bite, saying something like, “You don’t have to like it, but at least you tried.” While some children like to try new foods others don’t, and asking them to try could upset them.

Ingredients

Pita bread, bagels or English muffin
Tomato sauce
Grated cheeses (e.g., mozzarella, cheddar, etc.)
Variety of toppings (e.g., mushrooms, olive slices, peppers, tomatoes, etc.)