



Curriculum Links: Geography
Suitable for: KS1 & KS2

Food Around the World!

Can you name the 7
Continents of the
world?

What Continent is the
UK in?

Can you list any foods
that come from these
countries...

- USA
- India
- Spain

What country does
Pizza come from?

What country does
Sushi come from?

What country do
Yorkshire Puddings
come from?

What country does
Chow Mein come
from?

What is your favourite food?
Do you know what country
it comes from?

Activity: Pizza Making!
See next worksheet for
the recipe!



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FOOD
FARM



Activity: Pizza Making!



Step 1: You will need the following bits of equipment:

Large bowl
Wooden spoon
Set of scales
Measuring Jug
Baking Tray or Pizza Stone
Spoon
Grater (if using a block of cheese)
Tea Towel
Rolling Pin

Step 2: Get all of your ingredients ready!

This recipe makes 2 pizzas

500g Strong White Bread Flour
50ml Olive Oil
275ml Warm Tap water
10g salt
1 sachet of Yeast (7g)
30g Tomato Pizza Sauce
(you could also use pasta sauce, passata or tomato puree)
100g Grated Cheese
(We like mozzarella and cheddar!)

Step 3: Make the Dough

In a large mixing bowl, stir together the flour, salt and yeast.

Make a well in the centre of the flour mixture and pour in 250ml of the water along with the olive oil.

Mix all the ingredients together with your hands or a wooden spoon.

As the wet and dry ingredients mix together, the dough will start to take shape. Add the remaining water if the dough feels tight or hard.



Turn to the next page to learn how to knead the dough!

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Activity: Pizza Making!



What does Kneading mean?

Kneading is a process used in bread and pasta making where you flatten and stretch the dough. This helps to give the bread a tasty texture and adds air into the mix which helps the bread to rise!



Step 4: Knead the Dough

Add a sprinkle of flour to your kitchen worktop, and tip the dough out of the bowl and onto the flour.

Begin kneading the dough by pushing it down and then forward away from you, only using the heels (back part of the palm) of your hands.

Fold the dough in half toward you and press down. Then use the heels of your hands to push down and forward again.

Turn the dough ball clockwise from 12 o'clock to 3 o'clock and repeat the above process of pushing down and forward with the heels of your hands.

Repeat this process moving the dough in a clockwise circle a little bit further each time.

If it is getting sticky, add a little more flour.

Continue to knead, folding and turning the dough, until it is smooth and stretchy.





Activity: Pizza Making!



Step 5: Prove the Dough

Now that you have kneaded the dough we need to leave it to rest for a bit so that it can rise, this is called **proving**.

Using a piece of kitchen paper, wipe a small amount of oil on the inside of a large bowl.

Place the dough ball into the oiled bowl, cover with a damp tea towel and leave it to rest in a warm place for 1–1½ hours, or until it has doubled in size!

(The temperature of your home can affect the timing of this).

Step 7: Decorate your Pizza

Once the dough has risen, split the large ball into two equal sized smaller balls of dough.

Sprinkle some more flour on the kitchen worktop and put the dough on top.

Using a rolling pin, roll out each piece of the dough to form a circle that will fit on your pizza stone or baking tray. Place the base onto the baking tray or pizza stone.

Cover the surface with half of the tomato sauce and then sprinkle on half of the cheese. At this stage you can also add any extra toppings that you like.

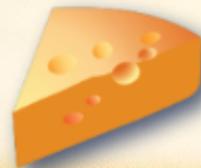
Ask an adult for help putting your pizza into the oven. Leave it in the oven for 8-10 minutes (don't forget to set your timer!).

When time is up, the base should be golden brown and the topping bubbling. Then it's time to eat your pizza!! Be careful though because it will be hot, we don't want any burnt tongues!

Repeat with the remaining dough, tomato sauce and toppings!

Step 6 : Preheat your oven to 200c / Gas Mark 6

Ask your adult if you are unsure which type of oven you have!



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We would love to see your creations!
Post a photo to Twitter and tag our Nutritionist [@hannahbaugh1](https://twitter.com/hannahbaugh1) so that we can see what you've made!

ANSWERS for Parents / Carers

Can you list the 7 Continents of the World?

Africa, Antarctica, Asia, Australasia/Oceania, Europe, North America, and South America

What Continent is the UK in? *Europe*

Can you list any foods that come from these countries...

- USA (*Hamburger, Macaroni Cheese, S'mores etc*)
- India (*Dhal, Biryani, Bhajees, Paratha etc*)
- Spain (*Paella, Tapas, Manchego, Chorizo etc*)

Anything on this list that you don't know? Why not do a search online to find out more about these foods!

What country does Pizza come from?

Italy

What country does Sushi come from?

Japan

What country do Yorkshire Puddings come from?

United Kingdom

What country does Chow Mein come from?

China

What is your favourite food? Do you know what country it comes from?

Discuss with the child what their favourite foods are and where they come from. Not sure where their favourite comes from? Why not do an online search to learn more about it!

