

# Pyramid Pizza Snacks

Count all five food groups!



Level: Medium

Makes: 10

## Kids' Tool Kit

Measuring cup  
Measuring spoons  
Baking sheet  
Knife  
Cutting board  
Cooking spray  
Spatula  
Spoon  
Hot pad

## Ingredients:

1 package (7.5-ounce) refrigerated  
biscuit dough  
1/4 cup pizza sauce  
2/3 cup diced ham  
1/2 cup crushed pineapple, drained  
2/3 cup shredded mozzarella cheese



## Directions:

**Remember to wash your hands!**

1. Preheat oven to 400 degrees.
2. Spray baking sheet with nonstick vegetable spray.
3. Separate biscuits and flatten on baking sheet, leaving space between biscuits so edges do not touch.
4. Spread 1 teaspoon pizza sauce on each biscuit.
5. Top each biscuit with 1 tablespoon diced ham, 2 teaspoons pineapple, and 1 tablespoon shredded cheese.
6. Bake 8-10 minutes or until biscuits are light brown and cheese is melted.

Optional: Substitute chopped green pepper, turkey pepperoni, or cooked ground beef for basic ingredients, as desired.



**Helpful Hints:** Kids like to "personalize" their pizza by choosing toppings. Set out bowls of veggies, fruit, cooked meat and cheese and let kids build their own pizzas!



**Safety Tips:** Use a dry hot pad to take the baking sheet from the oven so fingers don't get burned.

## Chef's Choice

Pyramid Pizza  
Snacks  
Low fat milk

## Nutrition Facts

Serving Size 1 pizza (54g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	10%
<b>Cholesterol 15mg</b>	<b>4%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Edible Pyramid* by Loreen Leedy. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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