



[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**Pizza**

**RECORD BOOK**



**4-H Ontario**

## **The 4-H Pledge**

I pledge my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service,  
my Health to better living,  
for my club, my community and my country.

## **The 4-H Motto**

Learn To Do By Doing

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## **Project Resource Information:**

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# INTRODUCTION

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## Record Keeping – Why?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also....

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

## How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will make it easier to find what you need later on. This will also allow you to add extra pages later.

## How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

*Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!*



# WHO'S WHO

Club President: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Vice President: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Secretary: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Treasurer: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Press Reporter: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

## Meeting Dates:

	DATE & TIME	PLACE	NOTES (Things to bring, remember, etc)
<i>Meeting 1</i>			
<i>Meeting 2</i>			
<i>Meeting 3</i>			
<i>Meeting 4</i>			
<i>Meeting 5</i>			
<i>Meeting 6</i>			
<i>Achievement Program</i>			

LEADER NAME & CONTACT INFORMATION	LEADER NAME & CONTACT INFORMATION

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# MEMBER EXPECTATIONS & GOALS

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Why did you join the Pizza club?

What is one goal that you want to achieve in this project?

Do you have any ideas for fun things to do during the project?

Do you have any ideas for an Achievement Program for the Pizza Club? (Keep in mind that an Achievement Program should include the community in some way).

## Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.
- *Remember the more you put into your 4-H club the more you will get out of it!*

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## ROLL CALLS - IN MY OPINION...

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	ROLL CALL	MY ANSWER
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		

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# PROJECT SUMMARY

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## The Pizza Project

### A. Member Comments

1. What did you gain from taking this project?
  
  
  
  
  
  
  
  
  
  
2. Which meeting or topic was the most/least interesting? Why?
  - a. Most:
  
  
  
  
  
  
  
  - b. Least:
  
  
  
  
  
  
  
  
  
  
  3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).
  
  
  
  
  
  
  
  
  
  
  4. What interests would you like to explore through future 4-H projects?

### B. Parent/Guardian Comments:

### C. Leader Comments:

*This project has been completed satisfactorily!*

Member: \_\_\_\_\_ Leader: \_\_\_\_\_

Date: \_\_\_\_\_ Leader: \_\_\_\_\_







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## TAKE HOME ACTIVITY #2 (MEETING #2)

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### Healthy Restaurant Pizza

Using the Internet, research the nutritional data of pizzas from each pizza restaurant you can think of and determine which restaurant serves the overall healthiest pizza. Try to determine which restaurants come in second and third.

#### Overall healthiest pizza

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2<sup>nd</sup>

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3<sup>rd</sup>

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## ACTIVITY #2 (MEETING #2)

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### Pizza Nutrition

Name of Restaurant/Company Name: \_\_\_\_\_

Name of Item: \_\_\_\_\_

Protein: \_\_\_\_\_ grams

Sodium: \_\_\_\_\_ milligrams

Calories: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_ grams

Total Fat: \_\_\_\_\_ grams

Name of Restaurant/Company Name: \_\_\_\_\_

Name of Item: \_\_\_\_\_

Protein: \_\_\_\_\_ grams

Sodium: \_\_\_\_\_ milligrams

Calories: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_ grams

Total Fat: \_\_\_\_\_ grams

Name of Restaurant/Company Name: \_\_\_\_\_

Name of Item: \_\_\_\_\_

Protein: \_\_\_\_\_ grams

Sodium: \_\_\_\_\_ milligrams

Calories: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_ grams

Total Fat: \_\_\_\_\_ grams





## ACTIVITY #6 (MEETING #3)

### Judging Card (item to be pizza related)

#### Criteria:

#### Food:

1. Does the food look fresh?
2. Is the item made properly? Variety?
3. Is it the proper colour?
4. Is it the proper size?
5. Does it look appetizing?
6. Does it smell like it should?
7. Does it taste good? (only judge by taste if group is small)
8. Is it cooked properly? Long enough? Too long?

#### Pizza Equipment:

1. Is the equipment clean?
2. Is it in good working shape?
3. Is it safe to use?
4. Is it the right tool for the job?
5. Is it the right size?
6. Is it easy to use?

#### Giving Reasons:

I place this class of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I place \_\_\_\_\_ first because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ 4th because.....

For these reasons, I place this class of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

Official Placing \_\_\_\_\_.







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## ACTIVITY #7 (MEETING #4)

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### What Does Food Mean to You?

Next to each word below, write the first food that comes of your mind (e.g. “adventure” may remind you of “trail mix.”)

health \_\_\_\_\_

illness \_\_\_\_\_

party \_\_\_\_\_

expensive \_\_\_\_\_

yuck \_\_\_\_\_

cheap \_\_\_\_\_

home \_\_\_\_\_

cool \_\_\_\_\_

love \_\_\_\_\_

diet \_\_\_\_\_

friendship \_\_\_\_\_

baby \_\_\_\_\_

munchies \_\_\_\_\_

child \_\_\_\_\_

memories \_\_\_\_\_

teenager \_\_\_\_\_

holiday \_\_\_\_\_

dad \_\_\_\_\_

religion \_\_\_\_\_

mom \_\_\_\_\_

hunger \_\_\_\_\_

grandparent \_\_\_\_\_

tradition \_\_\_\_\_

refreshing \_\_\_\_\_

ethnic \_\_\_\_\_

comfort \_\_\_\_\_

excitement \_\_\_\_\_

yummy \_\_\_\_\_

convenience \_\_\_\_\_

unusual \_\_\_\_\_

**Source:** *Discover Healthy Eating! Alberta Health Services*

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## TAKE HOME ACTIVITY #1 (MEETING #5)

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### Food Allergies and Food Restrictions

Conduct a survey among friends and family. Ask if they have any food allergies or food restrictions. If they say yes, find out how long they have had this condition and what foods they can no longer eat.

Name (first name only)	Food Allergies	Food Restrictions	How long have they had this?	What foods can they no longer eat?



# ACTIVITY #10 (MEETING #5)

## Managing Food Allergies

Instructions: Look at the menu items and either as individuals, in pairs or as a group, discuss which items contain which sources of allergens, using the Ingredients Labels Handout, found on the next page. Then discuss which items on the menu you would not be able to eat if you were any of the following:

1. Lactose free
2. Nut free
3. Gluten free

Food Item	Source of Allergen	Source of Allergen	Source of Allergen
	MILK	NUTS	WHEAT
Meatballs			
Crinkle Cut Fries			
Biscuits			
Chicken Nuggets			
Mashed Potatoes			
Creamed Corn			
Hotdogs			
Hotdog Buns			
Cheese Ravioli			
Tacos			
Cheese Pizza			
Carrot and Celery with Ranch Style Dressing			
Fruit Pizza			

# ACTIVITY #10 (MEETING #5)

## Managing Food Allergies Ingredients Labels Handout

### **MEATBALLS**

BEEF, WATER, TEXTURED SOY PROTEIN, EGGS, DEHYDRATED ONION, GARLIC, SPICES, BREAD CRUMBS. ALLERGIES: CONTAINS EGGS, MILK, SOY AND WHEAT

### **CRINKLE CUT FRIES**

POTATOES, VEGETABLE OIL, SALT, DEXTROSE. CONTAINS: SOYBEANS

### **BISCUITS**

ENRICHED FLOUR, SKIM MILK, SOYBEAN OIL, SUGAR, BAKING POWDER, SALT  
CONTAINS: WHEAT AND MILK  
INGREDIENTS

### **CHICKEN NUGGETS**

CHICKEN BREAST, WATER, WHEAT FLOUR, SALT, SOYBEAN OIL, WHEY RICE FLOUR, SPICES, FLAVORING, FOOD STARCH. CONTAINS: MILK, WHEAT, AND SOY

### **CARROTS AND CELERY WITH RANCH STYLE DRESSING**

CARROTS, CELERY DRESSING (SOYBEAN OIL, WATER, EGG YOLK, SUGAR, SALT, NON-FAT BUTTERMILK, NATURAL FLAVORS [SOY], SPICES)

### **TACOS**

SHELL: STONE GROUND CORN FLOUR  
WATER, CELLULOSE GUM, CALCIUM PROPIONATE, LIME. MEAT: HAMBURGER, SPICES (CHILI PEPPER, CUMIN, OREGANO, AND RED PEPPER), ONION, WHEY SOLIDS (MILK), SALT, SUGAR, PAPRIKA, GARLIC, POTATO STARCH, CITRIC ACID

### **MASHED POTATOES**

POTATOES, SOUR CREAM, BUTTER, SALT, PEPPER. CONTAINS: MILK

### **CREAMED CORN**

CORN, WATER, SUGAR, MODIFIED CORN STARCH, SALT

### **HOTDOG BUNS**

ENRICHED FLOUR, WATER, BUTTERMILK, HIGH FRUCTOSE CORN SYRUP, EGG, SOYBEAN OIL, WHEY YEAST, SUGAR, WHEAT GLUTEN, SOY FLOUR. ALLERGIES: CONTAINS MILK, SOY EGG, AND WHEAT

### **CHEESE PIZZA**

TOPPINGS: LOW-MOISTURE PART SKIM MOZZARELLA CHEESE, TOMATOES, FOOD STARCH, SALT, SPICES.  
CRUST: ENRICHED FLOUR, WATER, VEGETABLE SHORTENING, YEAST, SALT, SUGAR. CONTAINS: MILK, SOY AND WHEAT

### **HOTDOGS**

BEEF, WATER, GARLIC POWDER, HYDROLYZED SOY PROTEIN, PAPRIKA, POTASSIUM AND SODIUM LACTATE, SALT  
CONTAINS: SOY

### **CHEESE RAVIOLI**

ENRICHED DURUM FLOUR, WHOLE MILK RICOTTA CHEESE, WATER, WHOLE EGG, ROMANO CHEESE, SALT, SPICES, SOYBEAN OIL. ALLERGIES: CONTAINS EGG, MILK, AND WHEAT

### **FRUIT PIZZA**

ENRICHED FLOUR, WATER, SUGAR, PALM OIL, CANOLA OIL, EGGS, BAKING POWDER, SOYBEAN OIL, SALT, CREAM CHEESE, VANILLA FLAVOURING, KIWIFRUIT, STRAWBERRIES, BLUEBERRIES, APPLE JELLY, WALNUTS

# ACTIVITY #10 (MEETING #5)

## Managing Food Allergies - Answer Key

Instructions: Look at the school lunch menu items and either as individuals, in pairs or as a group, discuss which items contain which sources of allergens. Then discuss which items on the menu you would not be able to eat if you were any of the following:

1. Lactose free
2. Nut free
3. Gluten free

Food Item	Source of Allergen	Source of Allergen	Source of Allergen
	MILK	NUTS	WHEAT
Meatballs	X		X
Crinkle Cut Fries			
Biscuits	X		X
Chicken Nuggets	X		X
Mashed Potatoes	X		
Creamed Corn			
Hotdogs	X		
Hotdog Buns	X		X
Cheese Ravioli	X		X
Tacos	X		
Cheese Pizza	X		X
Carrot and Celery with Ranch Style Dressing	X		
Fruit Pizza	X	X	

# RECIPE LOG SHEET

Use this sheet to keep track of recipes made both at meetings and at home.

Name of Recipe	Was it hard to make? How did it taste?	Will you make it again?	Did you make it at the meeting or at home?	If made at home, include a family member's comments here!



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# EXTRA ACTIVITIES

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## Activity #14

### Pizza Delivery Relay (Obstacle Course)

You can play this pizza game in teams or individually. You could use a real pizza on a pizza pan (with a few in reserve) or an imitation pizza. Or, you could use a pizza delivery box.

The aim of the game is to deliver a pizza despite many obstacles. Each member has to carry their pizza while climbing over chairs, crawling through a tunnel, going up steps, going through a cloud of bubbles, etc. Adapt the course to the ages and abilities of your members. Remember to keep it fun and manageable.

## Activity #15

### Pizza Memory Game

Memory games are a lot of fun, especially at a party. Begin the game with the phrase, "I'd like to order a pizza with....." and finish the phrase by adding one topping. As each person takes a turn they add a new topping and then they must repeat, in order, the toppings other people have added. The toppings can be real or silly inedible items. When a person makes a mistake, they are out of the game. It will be fun to hear the silly additions and even more fun to find out how big this imaginary pizza grows before the game ends.

## Activity #16

### Olive Toss Game

Green or black olives are good for more than just eating. They are great for tossing and they can be used for a fun and exciting pizza party activity. Weather permitting, have participants gather outside for this fun pizza party activity and provide two teams with equal amounts of drained olives. Those who prefer not to waste olives can substitute them with mini marshmallows. Have partners work together to toss the olives with a spoon and attempt to catch them in an olive-size can or container. The team that catches the most olives within two or three minutes wins the game.

## Activity #17

### The Pizza Quiz

Pizza is generally considered to be a junk food. But, there are plenty of ways to make it healthy and plenty of ways to make it unhealthy. How much do you know about what your body sees in pizza?

**1. True or False: Pizza typically contains food from every single food group.**

- True
- False

**2. Thick crust pizzas are sometimes named after which city?**

- New York
- Chicago
- Denver
- Kansas City

**3. Approximately how many pizza restaurants are there in Canada?**

- 2000
- 10,000
- 8000
- 500

**4. Which month is known as National Pizza Month?**

- January
- June
- September
- October

**5. For a standard meat and cheese, regular crust pizza which you cook at home, approximately how many calories are in the whole pizza?**

- 750
- 1000
- 1750
- 2000

**6. What mineral could you eat over your daily requirement if you ate a whole pizza?**

- Calcium
- Sodium
- Potassium
- Iron

**7. There are good things about pizza, just as with any food. Which item are pizzas low in?**

- Saturated fat
- Cholesterol
- Sodium
- Sugar

## Activity #18

### Pizza Topping Charades

Have groups of 2 to 3 members imitate the appearance and action of a person that is making or growing a topping for a pizza. Examples include milking a cow to be able to make cheese, planting onions in a garden, using a combine to harvest wheat to make dough, etc.

## Activity #19

### Ball Toss

This is a review exercise. Have everyone stand up and form a circle so that everyone is facing inwards looking at each other. Toss a foam ball or bean bag to a person and have them tell what they thought was the most interesting fact or idea that was discussed at the meeting relating to pizza. They then toss the ball to someone else and that person explains what they thought was the most interesting fact learned. Continue the exercise until everyone has caught the ball at least once and explained an interesting fact or idea learned at the meeting.

## The Pizza Quiz – ANSWERS

1. a – true
2. a – New York
3. c – 8000
4. d – October
5. d – 2000
6. b – sodium
7. d - sugar