

### **Paper Plate Pizza**

#### **Materials:**

- Paper plates (preferably uncoated)
- Red paint and paint brushes
- Tissue paper (different colors: white, yellow, green, red, brown, black)
- Scissors
- Bowls for cut-up tissue paper

#### **Instructions:**

- Fold tissue paper into several layers and then cut it up into tiny squares. Do this yourself in advance, or let children do the cutting with child-safe scissors.
- Place tissue squares into bowls, one color per bowl, to represent pizza toppings (yellow for cheese, green for green peppers, white for onions, red for red peppers or cherry tomatoes, brown for mushrooms or meat, black for black olives)
- Take a white paper plate and paint it with red paint. This is your tomato sauce.
- Now sprinkle this with “cheese” (yellow or white tissue paper squares).
- Now choose some toppings like “green peppers” and “brown meat” and “black olives.”
- That’s it! For more fun, you may also play “Pretend Pizza Parlor” and serve your creations to customers (other children or stuffed animals); use a toy phone to take orders; and have a delivery person drive pizzas for extra speedy service!

#### **Extension:**

Help children make their mini pizzas for a snack after his activity. Use whole-grain English muffins or pitas and low-fat mozzarella cheese, along with their choice of various toppings.