

Mini pizza choices - Toppings

Pastes & herbs



Tomato puree



Salsa



Italian herbs



cumin

Fruits



Pineapple

Vegetables



Onion



Eggplant



Lettuce



Capsicum



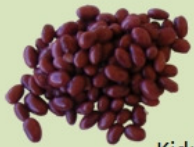
Roast pumpkin



Capsicum



Olives



Kidney beans



Red Onion



Frozen spinach



Avocado



Tomato



Mushrooms

Fish



Barramundi



Anchovies



Sardines



Prawns

Meats



Prosciutto



Pancetta



Ham



Salami



Bacon



Cheese



Parmesan



Cottage



Processed



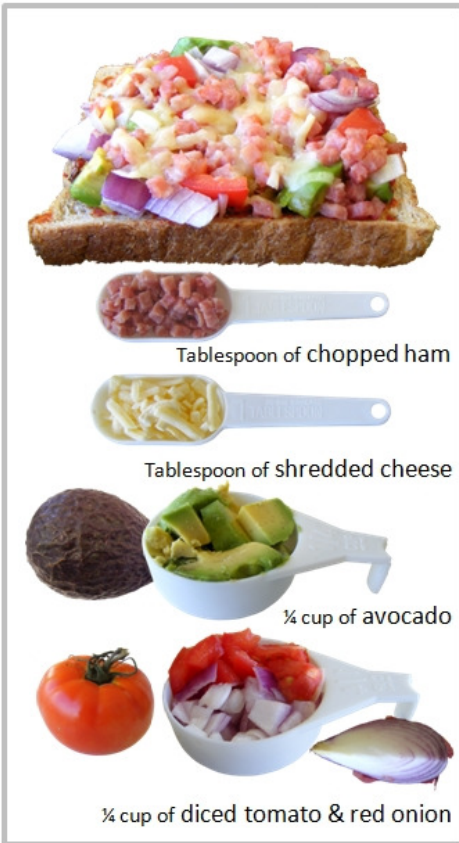
Cheddar or Mozzarella



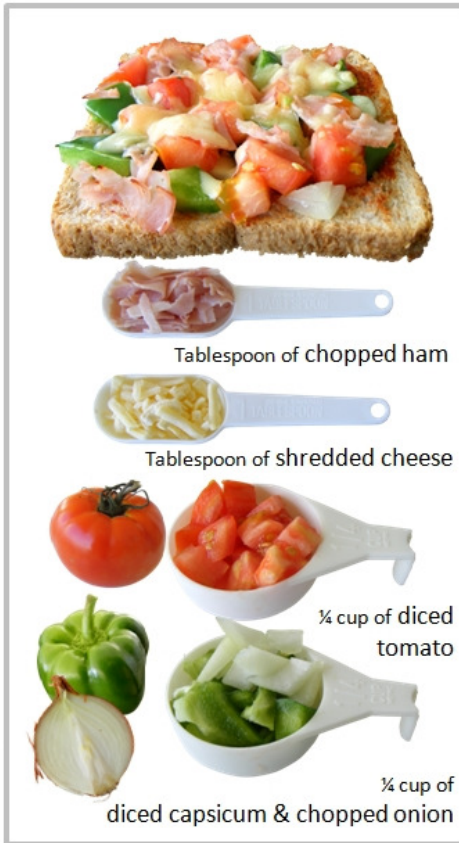
Ricotta

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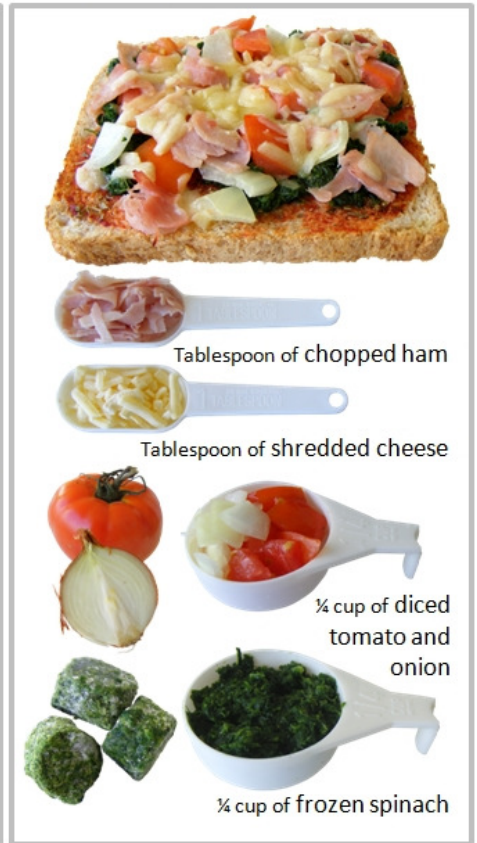
½ cup of vegetables - onion, avocado, tomato, bacon pieces & cheese



½ cup of vegetables - onion, capsicum, tomato, ham & cheese



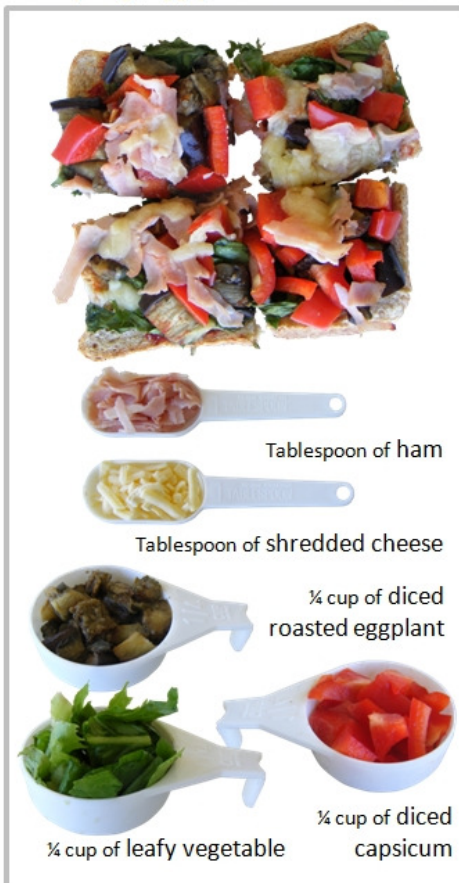
½ cup of vegetables - onion, tomato, spinach, ham & cheese



½ cup of vegetables - tomato, egg plant, cooked fish & cheese



½ cup of vegetables - capsicum, leafy veg, egg plant, ham & cheese



Salt & fat

These ingredients usually contain salt



These ingredients always contain salt & fat



Takeaway pizzas often contain too much salt & fat

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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