

5 A DAY AND TOMATOES

KIDS ACTIVITY SHEET

Try this fun & easy recipe **VEGETABLE PIZZA**

- 1 prepared 12-inch pizza crust
- Non-stick cooking spray
- 1 cup low-sodium tomato sauce
- 3 cups chopped vegetables: onion, red or green bell peppers, mushrooms, broccoli, plum tomatoes, zucchini, or carrots
- 8 oz. low-fat mozzarella cheese, shredded
- Fresh or dried oregano (optional)
- Parmesan cheese (optional)

With the help of an adult, preheat oven to 450°. Place pizza crust on a pizza pan or cookie sheet sprayed with non-stick cooking spray. Spoon the tomato sauce onto the crust. Arrange the vegetables over the sauce.

Sprinkle mozzarella cheese over vegetables. If desired, sprinkle with oregano and/or Parmesan cheese over mozzarella cheese. Bake for approximately 8 to 12 minutes. Makes 6 slices. This is an official 5 A Day recipe.



Produce for Better Health
Foundation

302 235 A DAY

Eat 5 or more servings
of fruits and vegetables
a day for
better health



WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

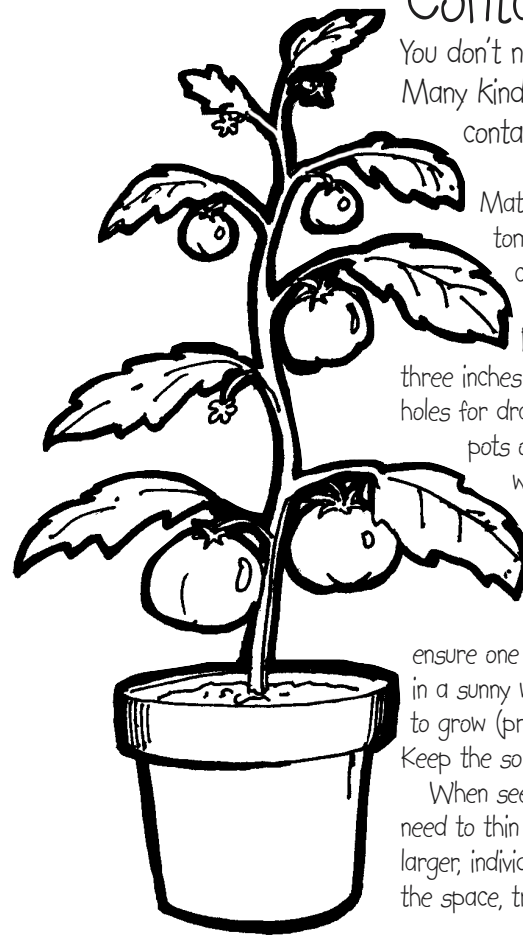
Container Tomatoes

You don't need a big yard to have a garden. Many kinds of vegetables can be grown in containers.

Materials needed: tomato seeds (cherry tomatoes are a good first choice), soil, container, sunny window

Planting containers should be at least three inches deep for roots to grow and have small holes for drainage. You can use 4-inch plastic plant pots or old yogurt or cottage cheese containers with drainage holes punched in the bottom. Fill container close to the top with soil and then water. Plant individual seeds about 1/4 inch deep and an inch apart (plant 2-3 seeds per container to ensure one that sprouts). Water the seeds. Place in a sunny window as plants need warmth and light to grow (protect them from cold drafts at night). Keep the soil moist but not soggy.

When seedlings have several sets of leaves, you need to thin them out. Move individual plants to larger, individual pots; water regularly. If you have the space, transplant seedlings to an outdoor garden.



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