

Family Fun for Pizza Night

Family pizza night is a great time for strengthening family bonds and teaching healthy eating habits that can last a lifetime. The key is to keep it fun, allowing family members an active role in crafting pizza portions tailored to their tastes and needs.



Family Pizza Factory! In Three Easy Steps

- 1) Place one or two pizzas on cutting board(s) and “stake out” each family member’s portion. (Option: Use simple place cards to identify the “owner” of each section.)
- 2) Line up small bowls, each filled with toppings you have on hand – things like sliced mushrooms and canned or jarred peppers. Throw in a few choices for unexpected fun – strawberries, pineapple, blueberries.
- 3) Have each family member dress their own portion, then cook on a baking sheet and serve in small slices – along with your favorite sides. Don’t be surprised if everyone wants to sample your creation!
- 4) Make up prizes – even vote – to add fun at the dinner table: Tastiest, most colorful, wackiest – get creative!

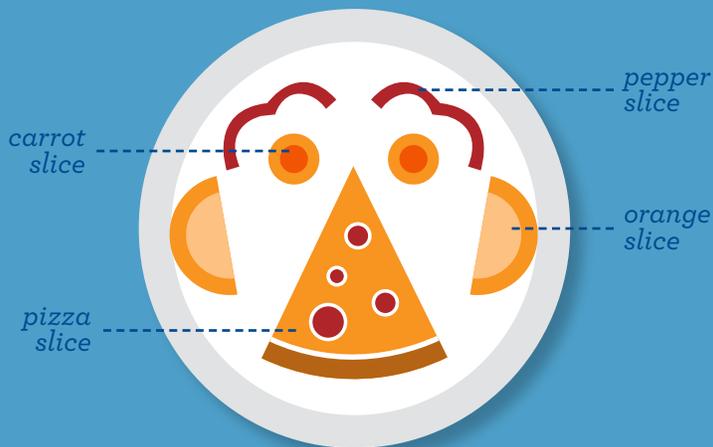


TIP

Use this same activity for parties at school, church or birthdays. It’s fun and food in one!

Pizza Faces Smile for Good Nutrition

It’s the oldest trick in mom’s book. Make a face plate to put a smile in your child’s day. One pizza slice makes the centerpiece – fruit and veggie slices complete the picture.



The Magic of Shared Meals

Eating together with friends or family is not just more fun, it can be really good for our eating habits. Making time for conversation helps us slow down. When we eat more slowly, our body has time to tell us, “Hey, you’re full! That was great, but I’m done!” According to dietitians, it takes about 20 minutes for those signals to kick in. So, take it slow – pizza is too good to rush the experience!



Pizza: Too Good to Rush!

Enjoy over 20 minutes. That gives your body time to say, “I’m full.”