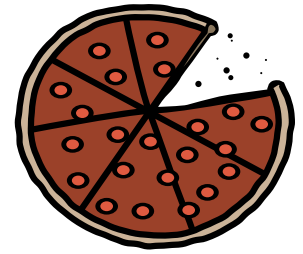


Appendix 5.2



New Pizza

1. Invent a new pizza by following the instructions given by the pizza maker: "Your pizza must consist of all listed foods below and count approximately 700 calories. »

Food List

- 1 portion of dough (of your choice)
- 1 portion of sauce (of your choice)
- 1 portion of cheese (of your choice)
- 2 cauliflowers
- 3 broccolis
- 10 olives
- 7 mushrooms, sliced
- 2 slices of pepperoni
- 8 slices of courgette

The pizza must count approximately 700 calories.

2. Fill out the following Food Fact Sheet to inform the pizzeria customers on the new pizza's ingredients and its nutritional value.

Food Fact Sheet

Name of the pizza: _____

Dough: _____

Sauce: _____

Cheese: _____

Toppings:

2 cauliflowers

3 broccolis

10 olives

7 mushrooms, sliced

2 slices of pepperoni

8 slices of courgette

Nutritional Value per pizza

Content

Calories

Fat

Carbohydrates