

# Pizza rolls in primary and year 7 classes

A teacher integrated the [Making a tear-n-share pizza](#) lesson from Oak National Academy, into both primary outreach groups and a Year 7 class. This online resource supports food and nutrition learning by guiding pupils through the 'make-up' of traditional pizzas, and creative approaches to pizza making, as well as practical food skills, such as measuring, kneading, grating, spreading, rolling and baking. The lesson includes slides, videos, worksheets and quizzes, designed to build both knowledge and confidence.

Rather than simply following the original tear-n-share pizza format, the teacher adapted the lesson's core idea to create pizza rolls, a more hands-on and manageable version for their pupils. Pupils were enthusiastic about the lesson, as it transformed a familiar food into something more interactive and achievable. The rolling element allowed learners to practise fine motor skills and sequencing in a tactile way, while generating less mess than flat pizza preparation.

## Outcomes

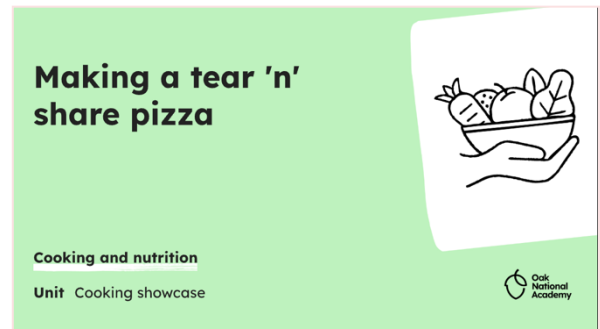
- Pupils showed increased engagement and interest because the pizza rolls required more manipulation and personal input than a standard flat pizza activity.
- Food skills were developed, such as cutting, spreading, rolling and assembling the dough - they reinforced key cooking techniques emphasised in the lesson.

The worksheets from the pizza lesson were also used successfully for cover lessons where subject specialists were unavailable, demonstrating flexibility and cross-curricular use. This approach highlights the value of adapting quality resources to better suit learners' abilities and interests.

*"I don't know why I didn't think of it before! It's much more sophisticated than a flat pizza so the pupils love it, it includes more skills with them being able to roll it up and it makes a lot less mess."*

## Big thank you to ...

Orla Gallagher, The Palmer Catholic Academy



Making a tear 'n' share pizza Worksheet

**Task B: Making my tear 'n' share pizza**

1) Follow the recipe and make tear 'n' share pizza.

**Before you cook:**

- get ready, e.g. tie up long hair, remove jumpers, wash hands, wear an apron
- have your ingredients and equipment ready

**As you prep and cook:**

- be safe and hygienic
- use your food skills



**Recipe: Tear 'n' share pizza**

**Ingredients**

- 250 g strong white flour
- 1 x 5 ml spoon salt
- 1 x 7 g packet dried yeast
- 170 ml warm water
- 2 x 15 ml spoon tomato pasta sauce
- 2 mushrooms
- 50 g Cheddar cheese
- 1 x 5 ml spoon mixed dried herbs
- 2 x 15 ml spoon sweetcorn

**Equipment**

Baking tray, greaseproof paper, chopping board, vegetable knife, grater, weighing scales, measuring jug, measuring spoons, mixing bowl, table knife, rolling pin, oven gloves.

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