



# Pizza Pockets Cooking

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## WHAT MAKES IT MEANINGFUL

Feeding yourself is a crucial part of one's life, teaching someone how to do that can promote self care and well being. By giving you body the nutrients it needs you are feeding you body and brain, which will in turn increase your energy levels and ultimately help you live a meaningful life.

This activity is targeted to promote gaining some knowledge in the kitchen and building up confidence and independence. By making you own individual serving it can give a sense of accomplishment once you have completed the task. It works on fine motor skills since it is done on a smaller scale.

## TIME

Including the cooking time this activity would take around 30-45 minutes

## MATERIALS

- Pizza dough (\$2.00)
- Pizza sauce (\$3.00)
- Grated cheese (\$6.00)
- Pepperoni (\$8.00)
- Any other pizza toppings you want

## INSTRUCTIONS

Include any instructions needed:

1. Cut out squares out of the dough
2. Put sauce cheese and pepperoni on half of the square in a triangle shape
3. Fold the square in half to make a triangle
4. Put the triangles on a tray and put it in the oven at 425 F degrees for 12 minutes

## RESOURCES

<https://onelittleproject.com/homemade-pizza-pockets/>



## **SUPPORTS NEEDED**

The cutting can prove to be an issue as well as the utilizing of the oven, so ensure all safety precautions are taken.

## **OTHER THINGS TO NOTE**

The pizza pockets should have a cooling time of 5 minutes.