

Birzeit University

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation & NUTD233

**"PIZZA"**

Performance day: Wednesday

Performance date: 6. Oct. 2021

Submission date: 13. Oct.2021

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**Introduction**

There are many people who love to eat pizza; As it is characterized by its delicious and light taste, as it can be eaten with breakfast, lunch or dinner, pizza is originally an Italian dish, consisting of sauce, dough, cheese, tomatoes, onions, spices and others. There are several ways to prepare pizza dough; Where it can be thick or light and crunchy, the goal of this experiment is to know the main differences between doughs and batters, to learn the purpose of using yeast in this type of dough, Knowing the method of instant fermentation, which consists of flour, sugar, yeast and warm water to speed up the fermentation process, Knowing the correct methods of Kneading and baking at appropriate temperatures. \*1

**Ingredients**

1. 2.5 cups flour
2. 1 Tbsp yeast
3. 1 Tbsp sugar
4. 1 Tbsp. salt
5. 1 cup warm water
6. ¼ cup oil

**Procedure**

1. In a stainless-steel bowl, warm water, yeast, sugar, and half the flour were mixed, the mixture was covered and left for 10 minutes.

2. After 10 minutes, the rest of the flour and oil was added and mixed well.

3. during this time, tomato sauce was made where 1 tsp salt, ½ tsp pepper, 1 tsp oregano and 2 cloves garlic were added to the tomato sauce. Mixed well and set aside.

4. The dough was rolled and spreader on a well-greased baking pan.

5. the rolled dough was brushed with a thin layer of oil.

6. tomato sauce mixture was spreader.

7. vegetables was speeded, then cheese.

8. Baked in a preheated 450°F oven until the cheese was melted and bubbling, and the dough was golden and crisp.

**Product evaluation**

\*2 \*3 \*4

As we all know pizza contains many ingredients that provides the body with a number of good and healthful nutrients, so we can surely say that it is a good meal in the middle of the day, with almost no large amounts of calories.

The basic ingredient in the pizza dough is flour. Depending of that 1 cup of flour, provides the body with energy and 3 grams of protein and 22 grams of carbohydrates, and since we used 2.5 cups of flour then the pizza is high in carbohydrates. In addition of a good amount of protein. Sugar, like all carbohydrates, contains food energy. Every gram of carbohydrate has about 4 calories. 1 Tbsp of sugar as used in this recipe has about 10 grams of carbohydrate, and 40 calories.

‏On the other hand, vegetables added with the topping ingredients provides the body with very healthful nutrients such as vitamins and minerals, which makes the pizza, even more good and healthy meal. for example, 1 medium tomato provide the body with 16.9 mg of vitamin C (total ascorbic acid), and since we used 2 tomatoes then it provides the body with 33.8 mg of vitamin C.

‏Moreover, the tomato paste used with the topping provides the body 52.5 mg of vitamin C .

‏Depending on these amounts it is obvious that pizza is high in vitamin C.

‏As for onions, it provides the body with small amounts of some minerals. For example, every small onion as we used in this recipe provides the body with 20 mg of phosphorous, which is important in the formation of bones and teeth. It also plays an important role in how the body uses carbohydrates and fats. In addition, it provides the body with 102 mg of magnesium, which is important in the maintenance of normal nerve and muscle function, and supports a healthy immune system.

‏As for cheese used, we used 250 g of cheese, which approximately provides 1,163 Kcal to the body. Therefore, this recipe is high in calories.

‏The overconsumption of pizza with extra cheese could lead to overweight or obesity, but in general, pizza provides different important nutrients to the body.

**Rose:** It is very delicious, and if we add some other ingredients with onions and tomatoes, it will become wonderful and irresistible from its deliciousness. The dough is excellent and its greed is delicious and fragile as a sponge, no words to be said above that.

**Raneen:** pizza contains many ingredients that provides the body with a number of healthful nutrients, so we can say that it is a good meal in the middle of the day, with almost no large amounts of calories.

**Lamis:** The pizza tasted great, the tomato sauce tasted very good, the mozzarella cheese added an appetizing character to the pizza, I wish it had been without onions, but the taste was acceptable.

**Somoud:** Pizza is usually known as a glycemic high carb meal but the one we made was kind of light and the dough was thin and tasty and overall lower in carbohydrates comparing to what we are used to eating. In general, it had a good texture and tasted very well.

**Ola:** it was a tasty pizza, but needed some extra toppings like mortadella

. For me, the sauce was very easy to make and can be used in many recipes in pasta for example, it was a lovely one. I liked the recipe and I’ll repeat it later.

**Majdal:** It was very good and soft, and the taste of oregano was distinctive. It should be eaten in moderation, because the increase may cause an increase in calories because it contains carbohydrates**.**

**References**

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