

PIZZA

VARIETIES:

sausage, pepperoni, peppers, tomatoes, onions, mushrooms, cheese, pineapple, ham, chicken

PIZZA TOPPINGS

Pepperoni and Sausage: Pepperoni and sausage are meats that are typically made from pork. The animals are fed a special blend of ground corn, soybeans, vitamins and minerals. The hogs go to market in five to six months when they weigh 240-250 pounds. The meat from pigs is called pork. It is ground up and special seasonings are added to make sausage, salami, hot dogs, bacon and pepperoni.

Peppers: There are many varieties of garden peppers, but the large-fruited sweet bell pepper is the favorite of most Americans and a popular pizza topping. Peppers grow on small bushy plants. They are usually eaten in their immature green stage, but they are also delicious after they have fully ripened and turned red or yellow.

Tomatoes: Pizza sauce is made from tomatoes. Tomato plants require 75 to 85 days to produce ripe fruit. The seeds are usually started indoors and then transplanted outdoors after the seedlings are four to six weeks old. Special herbs, such as oregano, dill, and garlic, are added to tomatoes to give pizza sauce its special taste.



Onions: There are about 1,100 onion farms in the United States. Onion bulbs are raised either from seeds or from "sets." Onion bulbs grow underground and have long green tops. They may be picked by hand or machine and are then cleaned before shipping. Onions are either sold at grocery stores or sent to processing plants. At processing plants they are diced or processed to become ingredients for foods such as spaghetti, barbecue sauce and pizza. On average, each person in the U.S. eats almost 19 pounds of onions each year.

Mushrooms: There are close to 2,500 types of mushrooms throughout the world, but the United States only has about 275 commercial mushroom growers. Mushrooms grow in cool, dark places. They lack chlorophyll, the green substance used by plants to make food, so they survive by soaking up nutrients from organic matter.

Cheese: Cheese is made from the milk of dairy cows. It takes ten pounds of milk to produce 1 pound of cheese. Cheddar is the most popular cheese in the United States, followed by mozzarella, which is popular on pizza. We all have our favorite pizza toppings, but chances are everyone likes cheese.

VOCABULARY

BULB — usually underground and often globular bud having fleshy leaves emergent at the top and a stem reduced to a flat disk, rooting from the underside, as in the onion.

FUNGUS — plant-like organisms, such as mold or mushrooms, that absorb their food from other living or dead organisms.

PASTEURIZATION — process of heating and cooling milk to kill bacteria and protect its purity and flavor.

PROCESSING — taking a raw commodity and turning it into something usable (wheat to flour).

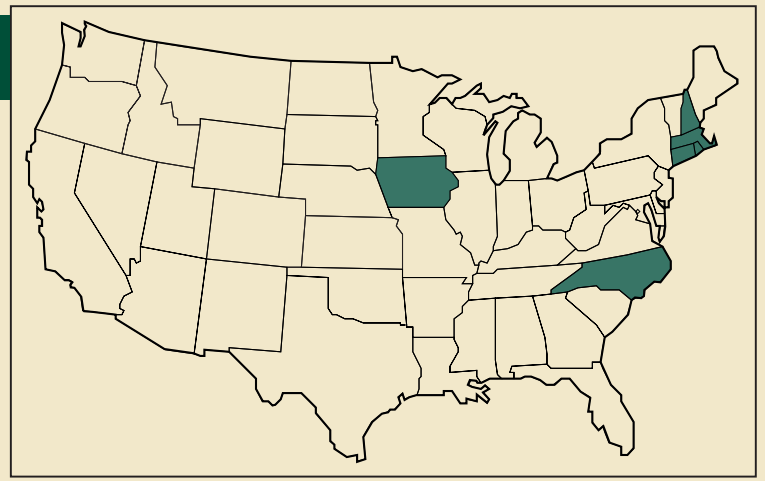
SEEDLINGS — a plant or tree grown from a seed.

YEAST — a leavening agent, which rises when baked.

PIZZA

UNITED STATES PIZZA RESTAURANTS

■ **Top 5 U.S. States with the most pizza restaurants per capita** — New Hampshire, Massachusetts, Connecticut, Rhode Island, Iowa



PIZZA TIMELINE

4000 BC — Egyptians began making bread with yeast.

425 BC — Egyptians traditionally celebrated the Pharaoh's birthday with flat bread seasoned with herbs.

79 AD — The first signs of pizza were found in Pompeii, Italy, which was destroyed by the eruption of Mt. Vesuvius. Marble slabs and other tools of the trade resembling a modern day pizzeria were found in some of its shops.

600 AD — Originally, mozzarella cheese was made from the milk of water buffalo. Today, pizzerias in Naples, Italy still make it this way!

1522 — Tomatoes were introduced to Europe when they were brought back from the New World (Peru). They were added to yeast dough to make the first pizza as we know it today.

17TH CENTURY — Naples, Italy was the place to go for good pizza. It was made by peasant men, known as "pizzaioli." To this day, Naples is known as the "Pizza Capital of the World."

1889 — While visiting Naples, Umberto I, King of Italy, and his wife, Queen Margherita, had the most famous pizza maker, Raffaele Esposito, prepare them his dish. He prepared a pizza with mozzarella, basil and tomatoes to represent the colors of the Italian flag (red, green and white). The Queen loved it so much that Esposito named it "Pizza Margherita," a name we still call it today.

LATE 19TH CENTURY — Italian immigrants brought pizza to America. In Chicago, a peddler walked up and down Taylor Street (in the South Side's Italian Village) carrying a metal washtub of pizzas on his head. He charged two cents per chew.

(This was how pizza was sold in Naples). Charcoal from the pizza ovens was used in the bottom of the washtubs to keep the pies warm, and boys were hired to help sell them.

1905 — The first U.S. pizzeria was opened in New York City. It was opened by Gennaro Lombardi, America's "Patricia dela Pizza" or "Father of Pizza."

1943 — The first deep dish pizza was made by Ike Sewell at his Chicago restaurant, "Pizzeria Uno." Also known as "Chicago-style," this pizza has a flaky crust and rises an inch or more around deep piles of toppings.

1945 — While stationed in Italy during World War II (1941-1945), American soldiers fell in love with pizza. When they returned from the war they still craved it, so the popularity of pizza in America grew.

1948 — The first commercial pizza-pie mix was produced in Worcester, Massachusetts by Frank A. Fiorello.

1950's — Pizza was a favorite food of celebrities of Italian origin like Frank Sinatra and Joe DiMaggio. It is also said that the line in the song from famous singer Dean Martin, "When the moon hits your eye like a big pizza pie, that's amore," got Americans singing and eating pizza.

1957 — Frozen pizzas were introduced and found in local grocery stores. The first was marketed by the Celentano Brothers. Pizza soon became the most popular of all frozen food.

2009 — There are over 67,000 pizza stores in the United States.

DID YOU KNOW?

Each American eats 22.5 pounds of pizza a year!

Soybean oil is used to make pizza dough.

The first known pizzeria, Antica Pizzeria Port'Alba, opened in Naples, Italy, in 1738.

PIZZA

CAREERS: Agricultural Economist,
Nutritionist/Dietitian, Food
Process Engineer, Food
Safety Specialist, Food Scientist

SPOTLIGHT ON CAREERS:

FOOD PROCESS ENGINEER — Food Process Engineers research and develop new and existing products and processes. They also design processing, handling and packaging equipment. Food process engineers work in food, chemical, biochemical and pharmaceutical industries. They work with processors, equipment suppliers, design and consulting firms and ingredient suppliers.

NUTRITIONIST/DIETITIAN — Nutritionists/Dietitians advise on matters of food and nutrition impacts on health. They can be healthcare workers, researchers, managers or educators. To be a nutritionist/dietitian you must enjoy working with people and have a strong interest in food and nutrition. You should be able to work independently to identify and solve problems.

PIZZA IN JUST 30 MINUTES?

Next time you order a pizza, think about how long it really took to make!

Pigs (from birth to processing):

6 months

Iowa is the #1 state in pork production



Wheat (from planting to harvest):

8-10 months

Kansas is the #1 state in wheat production



Dairy Cows (from birth to milk production):

2-3 years

Wisconsin is the #1 state in cheese production



Beef Cattle (from birth to processing):

14-16 months

Texas is the #1 state in beef production



Vegetables (from planting to processing):

3-6 months

(depending on vegetable type)

California is the #1 state in tomato production

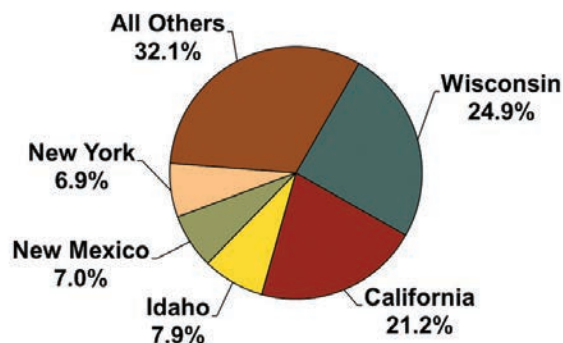
Pennsylvania is the #1 state in mushroom production



After production and processing, pizza toppings must be transported to pizza parlors, store and restaurants. Without truck, rail, barge and air transportation, these goods would not make it onto your pizza. So how long does it take to make a pizza?

U.S. Cheese Production, Top 5 States, 2011*

Total U.S. Production: 10.60 Billion Pounds



* Preliminary estimate; † Excludes Cottage Cheese

Source: USDA, Dairy Products Annual Summary



PIZZA FUN FACTS:

Pepperoni is the most popular pizza topping in America.

Cheese wasn't added to pizza until the late 1800's.

The largest pizza chain in the United States is Pizza Hut.

SALES OF THE 10 LEADING FROZEN PIZZA BRANDS OF THE U.S. IN 2011 (IN MILLION U.S. DOLLARS)

722.10	DiGiorno
332.10	Private Label
263.90	Red Baron
231.30	Tombstone
172.10	Totino's Party Pizza
138.30	California Pizza Kitchen
130.70	Freschetta
127.70	Jack's Original
104.90	Tony's
80.20	Stouffer's Lean Cuisine Casual Cuisine



SCIENCE AT HOME

IT'S A PEPPERONI PIZZA WRAP!

Ingredients

- 1 stick of string cheese
- 1 medium flour tortilla
- 2 tablespoons pizza sauce
- Dash of Italian seasoning, garlic powder & onion powder
- 1 teaspoon of parmesan cheese
- 6 pieces of pepperoni

Directions:

1. Set toaster oven to highest setting (or you can use the microwave).
2. Break string cheese into smaller pieces and set aside.
3. Place tortilla on a microwave safe plate and microwave for 10 seconds, or until just warm.
4. Evenly spread sauce onto the center of the tortilla, and sprinkle with a dash of each spice. Top with the parmesan cheese, pepperoni and string cheese pieces.
5. Wrap tortilla up like a burrito, folding the sides in first, and then rolling it up from the bottom. Place wrap on a microwave-safe plate, seam side down, and warm in the microwave for 30 seconds.
6. At this time, you can transfer the wrap to the toaster oven and cook until hot on the inside and slightly crisp on the outside. About 3 minutes.

<http://www.foodnetwork.com>



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