

Period \_\_\_\_\_

Date \_\_\_\_\_

Unit Members : \_\_\_\_\_  
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### **Combination Lab Using Convenience Foods and Labels**

Each student will individually prepare their own Calzone or Pizza Bender. As a unit, you will bake all calzones together on a cookie sheet and then eat them. While they are baking, each unit will prepare **one label for a cheese calzone**. Use one serving from each of the labels of the ingredients (bread, cheese, sauce) to figure out the servings for your unit label. Be creative and make up a name and package cover for your product. Due at the end of the class period. Be sure to put your names and unit number on the label.

### **Calzone or Pizza Benders**

(Each student makes their own)

2 Rhodes dinner rolls, thawed  
1/4 cup pizza or spaghetti sauce  
2 Tbs. toppings (mushrooms, green peppers, pepperoni,  
onions, olives, etc.)  
1/4 cup grated mozzarella cheese  
butter

1. Thaw rolls as directed on package (thawed, but still cold)
2. Knead 2 rolls together on a lightly floured board.
3. Roll into a 7" circle.
4. Fill with toppings, cheese, and 1 Tbs. pizza/spaghetti sauce.
5. Fold over, like a turnover, and seal edges with a fork.
6. Lightly brush with melted butter.
7. Bake on a greased cookie sheet 20 minutes at 350°.
8. Serve with heated extra 3 Tbs. sauce by dipping it into sauce or pouring it over the top.