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### Treats for Teens

Snack foods can be delicious as well as nutritious. A wedge of cheese pizza and a glass of milk

contribute only 2/3rd's of the energy provided by a plate of french fries with gravy and a soft

drink. At the time, the pizza and milk are providing many more important body building nutrients.

The question is: how do you get teenagers to eat foods that are both good tasting and good for them? Jiffy Pizza Rounds are a delicious answer.

You start with whole wheat pita bread rounds, decide who wants thick or thin crusts, then let everyone build their own personal pizza from an assortment of toppings. Heap with shredded cheese and pop into the oven until the cheese melts and the pizzas are hot and bub-

bling. Not only are they quick and easy to make but they taste magnificent!

#### JIFFY PIZZA ROUNDS

Whole wheat pita bread  
Canned pizza sauce  
Chopped green pepper  
Thinly-sliced pepperoni  
Canned sliced mushrooms  
Shredded CANADIAN MOZZARELLA CHEESE  
Grated CANADIAN PARMESAN CHEESE

To make a thin-crust pizza, separate each pita bread into

two round 'pizza crusts'. For a thicker crust, use 1 whole pita bread. Place bread, hollow side up on baking sheet. Spread pizza sauce over crusts. Sprinkle with desired amounts of green pepper, pepperoni, mushrooms or any of your favourite pizza ingredients. Top with mozzarella cheese; sprinkle with Parmesan cheese. Bake in preheated 350°F (180°C) oven until hot and bubbly.

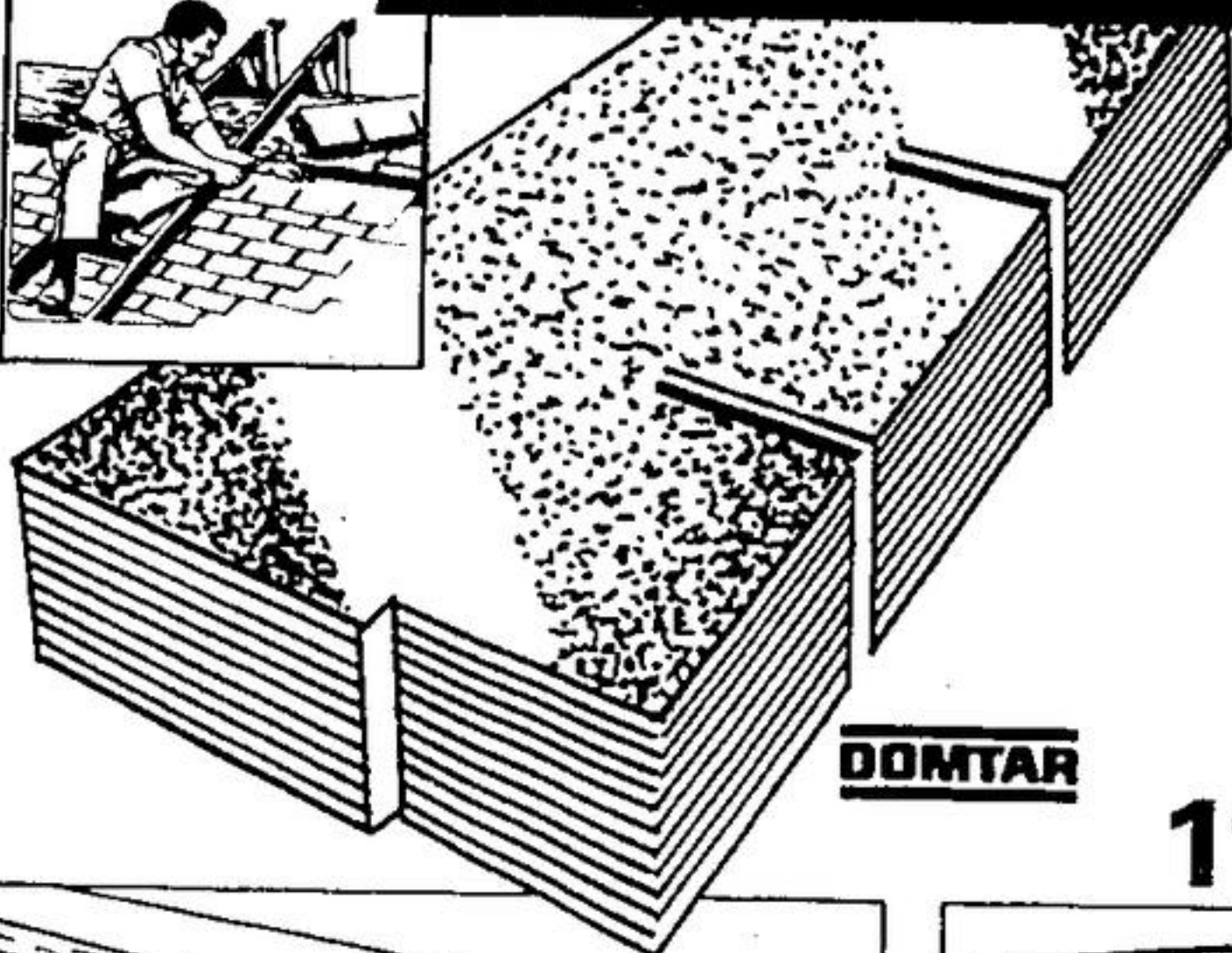
Teenagers are growing faster than at any other point in life except infancy.

Parents can set an example at home by eating and providing a variety of snacks based on the foods in Canada's Food Guide. If a variety of food is available,

there'll be less temptation to sit down with a bag of potato chips and a can of pop.

Stock the refrigerator for your hungry teenager with milk, yogurt, cheese, cottage cheese dip, peanut butter, hard cooked eggs, carrots, celery, green pepper sticks, fresh fruit, whole wheat rolls and/or English muffins. Refrigerator raids will be fun.

# Good Value DAYS



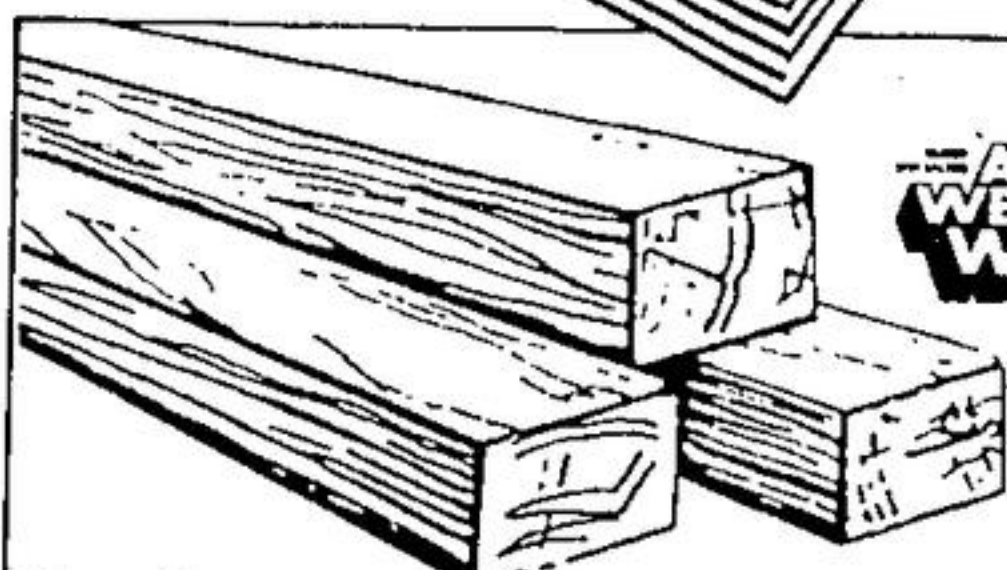
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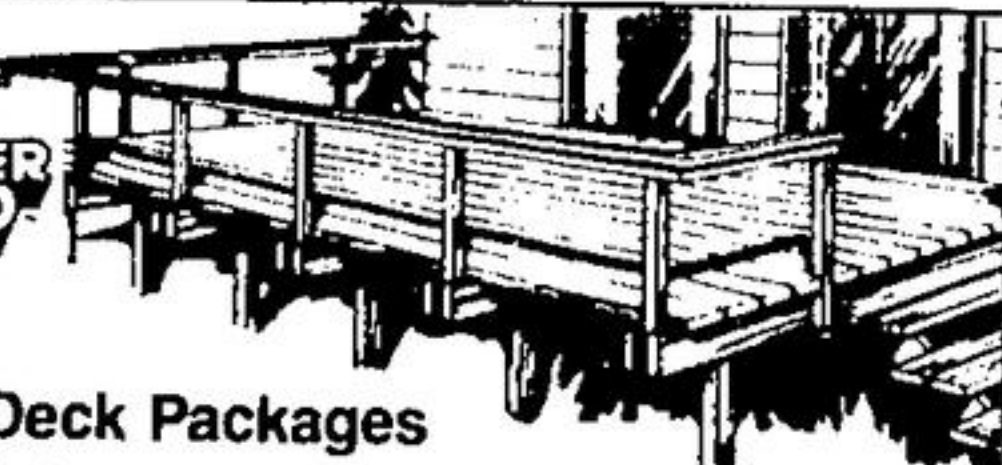


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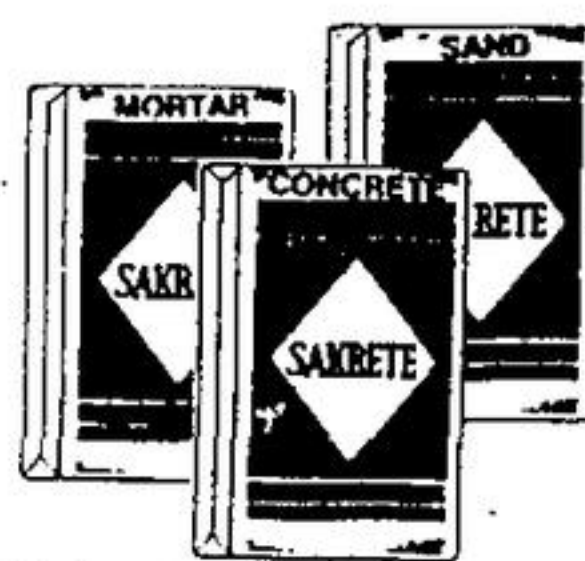


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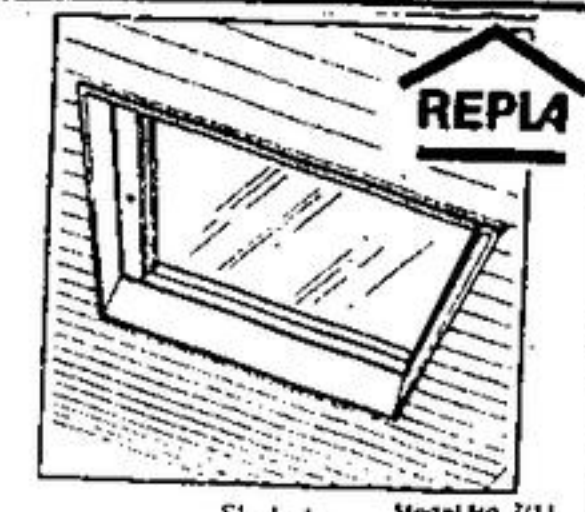
Based on 3' deck height — 8' x 12'



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