**FOOD LABEL LAB INSTRUCTIONS**

**Directions:**

1. Each student will individually prepare their own Calzone.
2. As a unit, you will bake all calzones together on a cookie sheet and then eat them.
3. While they are baking, each student will prepare one label for a cheese calzone.
4. Use one serving from each of the labels of the ingredients (bread, cheese, sauce) to figure out the servings for your label.
5. Be creative and make up a name and package cover for your product.
6. Due next class period.
7. Be sure to put your name on your assignment before turning in.

**CALZONE RECIPE**

***(Each student makes their own)***

**Ingredients (per student):**

2 Rhodes dinner rolls, thawed

1/4 cup spaghetti sauce

Pepperoni (optional)

1/4 cup grated mozzarella cheese

Butter, melted

**Directions:**

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.

1. Fold over, like a turnover, and seal edges with a fork.
2. Lightly brush with melted butter.
3. Cut slits in top for steam to escape during cooking.
4. Bake on a greased cookie sheet 20 minutes at 350°.
5. Serve with heated extra 3 Tbsp. sauce by dipping it into sauce or pouring it over the top.