



Frozen Pizza Evaluation

Convenience foods are a staple in many American diets. When selecting convenience foods you need to make good choices.

Evaluate three different brands of frozen pizzas. Prepare as directed. Compare the brands and complete the below charts.

Pizza A: _____

Manufacturer	
Cost	
Cost per Serving	
First Six Ingredients	
Calories	
Fat (g)	
Sodium (mg)	
Prep Time	
Taste Evaluation (flavor)	Excellent-Very good-Fair-Poor-Yucky
Color & Appearance	

Pizza B: _____

Manufacturer	
Cost	
Cost per Serving	
First Six Ingredients	
Calories	
Fat (g)	
Sodium (mg)	
Prep Time	
Taste Evaluation (flavor)	Excellent-Very good-Fair-Poor-Yucky
Color & Appearance	

Pizza C: _____

Manufacturer	
Cost	
Cost per Serving	
First Six Ingredients	
Calories	
Fat (g)	
Sodium (mg)	
Prep Time	
Taste Evaluation (flavor)	Excellent-Very good-Fair-Poor-Yucky
Color & Appearance	

Answer the following questions in complete sentences.

1. Which frozen pizza is the best value? Explain.
2. Based on the first six ingredients which frozen pizza uses the healthiest? Explain.
3. Based on the nutrition facts label which frozen pizza is the most nutritious? Explain.
4. Which frozen pizza has the most fat? Is there a significant difference between the brands for fat? Explain.

5. Which frozen pizza has the most salt? Is there a significant difference between the brands for salt? Explain.

6. Which frozen pizza did you think tasted the best? Explain.

7. Is the most advertised brand always the best? Explain.

8. Explain in one solid paragraph what you learned from this comparison of frozen pizza.