

Pineapple Pizza Recipe (Accessible + Rehab-Focused)

Ingredients

- Refrigerated pizza dough
- 1/2–1 cup pizza sauce
- 1–2 cups shredded mozzarella cheese
- **1 can of pineapple chunks (to practice opening with a can opener)**
- 1–2 tbsp olive oil (optional)

Optional Add-ins:

- Ham (for Hawaiian-style)
 - Cooked chicken
 - Red onions
 - Jalapeños
 - Bell peppers
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Step-by-Step Instructions + Video Shots

1. Prep Ingredients (Dexterity Focus)

Action:

Preheat oven according to dough instructions. Use a can opener to open the canned pineapple, then drain the juice. Prepare remaining ingredients.

Accessibility & Rehab Focus:

- Opening the can is a great way to **practice hand strength, coordination, and fine motor skills**
 - Take your time—this is part of the exercise
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2. Prepare the Dough

Action:

Roll out or stretch the refrigerated dough onto a baking sheet or pizza pan.

Accessibility Variation:

- Seated: Work at a table or lap tray
 - Standing: Use the counter as a **balance and endurance challenge**
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3. Add Sauce

Action:

Spread pizza sauce evenly over the dough.

4. Add Cheese

Action:

Sprinkle an even layer of mozzarella cheese.

5. Add Pineapple + Toppings

Action:

Evenly place pineapple chunks over the pizza. Add any additional toppings if desired.

Accessibility & Rehab Focus:

- Placing toppings can help with **hand control, reach, and coordination**
 - Try alternating hands if appropriate
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6. Bake the Pizza

Action:

Place pizza in the oven and bake according to dough instructions (typically 10–15 minutes or until crust is golden and cheese is melted).

Safety Note:

- Use caution when transferring pizza in and out of the oven
 - Ask for assistance if needed
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7. Slice and Serve

Action:

Remove from oven, let cool slightly, then slice and serve.

Accessibility & Rehab Message (Voiceover / Text Overlay)

“This activity is designed to be adaptable. You can do it seated for stability, or standing to challenge your balance and endurance. Even small steps—like opening a can or placing toppings—can help improve strength, coordination, and independence over time.”

Overall Goals:

- Show a progression from seated → standing.
- Highlight functional movements and fine/gross motor activities.
- End with a clear, inspiring final shot of the completed pineapple pizza.