

FOOD\$ENSE kids

Veggie Vibes

Tomato

Objectives

1. Children will explain one reason tomatoes are healthy for them.
2. Children will explain that tomatoes come from a plant that grows in the ground.
3. Children will experience tomatoes using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using tomatoes.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of tomatoes such as roma, grape, salad, etc.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Tell the children that you are going to play a guessing game.
 - Distribute these facts on note cards or paper to three children and have them read aloud to the class.
 - Scientists say this is a fruit because it has seeds.
 - Many cooks say it is a vegetable because they don't use it when they cook sweet things.
 - The Supreme Court, the highest court in the United States, said in 1887 that it is a vegetable because you serve it with dinner, not dessert.
 - Have the class guess what they think you will be discussing. Tomatoes.
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Objective 1: Children will explain one reason tomatoes are healthy for them.

Time: 5 minutes

- Ask the children for some reasons they think tomatoes are good for them.
 - Commend them for any answers shared
 - Ask the children if they have ever heard of lycopene. Explain that lycopene is like Superman in their body. It goes around your body rescuing cells when they are hurt or damaged which keeps you healthy. So, when you eat lycopene it rescues the cells in your body just like when the superhero Superman goes around and rescues people.
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Objective 2: Children will explain that tomatoes come from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
 - Describe each of the six parts of the plant.
 - Ask the children which part of the plant they think tomatoes are.
 - Tomatoes are the fruit of the plant.
 - Ask the children what month or season they think tomatoes grow? Explain that tomatoes like hot weather and so they grow in the late spring and summer months.
 - Tomatoes come from a seed and if you cut one open you can see the seeds inside. You can pass a tomato around or show the cross section or slice.
 - The seed is planted in a pot in the warm indoors and then when the seedling is 3-5 inches tall, you can put them in bigger containers.
 - Once they're big enough in the second container and its warm enough outside, they are ready to be planted in the ground outside.
 - The tomato plant will make yellow flowers, which turn into tiny tomatoes once a bee pollinates them.
 - When the tomatoes first grow, they are green, which means they are not ready to pick yet.
 - When the tomatoes finally turn red they are ready to pick!
 - People with small gardens and large farms pick the tomatoes by hand.
 - Trucks take the tomatoes to be packaged to go to the store or farmer's market, which is where we buy them.
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Objective 3: Children will experience tomatoes using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- Give each child a small paper cup that contains a raw tomato chunk or slice and cooked tomato.
 - Ask the children if they know what the five senses are (smell, taste, touch, sight, and sound). Write them on the board for everyone to see.
 - Tell the children that they will help you examine the differences between cooked and raw tomatoes.
 - Ask them if they know the difference between cooked and raw. Explain that raw means the tomato hasn't had anything done to it, but it is straight from the garden. Cooked means that it has been heated.
 - Talk about how the cooked and raw tomato have the same feel, sound, smell, and look. Then discuss how they are different in feel, sound, smell, and looks.
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Objective 4: Children will make and eat a simple, nutritious recipe using tomatoes

Time: 10-15 minutes

- Tell the class now that we have learned all about tomatoes, we are going to taste them.
 - Pick a recipe or two from the handout to share with the class.
 - Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
 - Serve the samples.
 - Commend the children for trying the vegetable.
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Conclusion:

Time: 2 minutes

Ask the class:

- How do tomatoes help our body?
- What part of the plant does a tomato come from?
- How did you like the taste of the tomatoes?

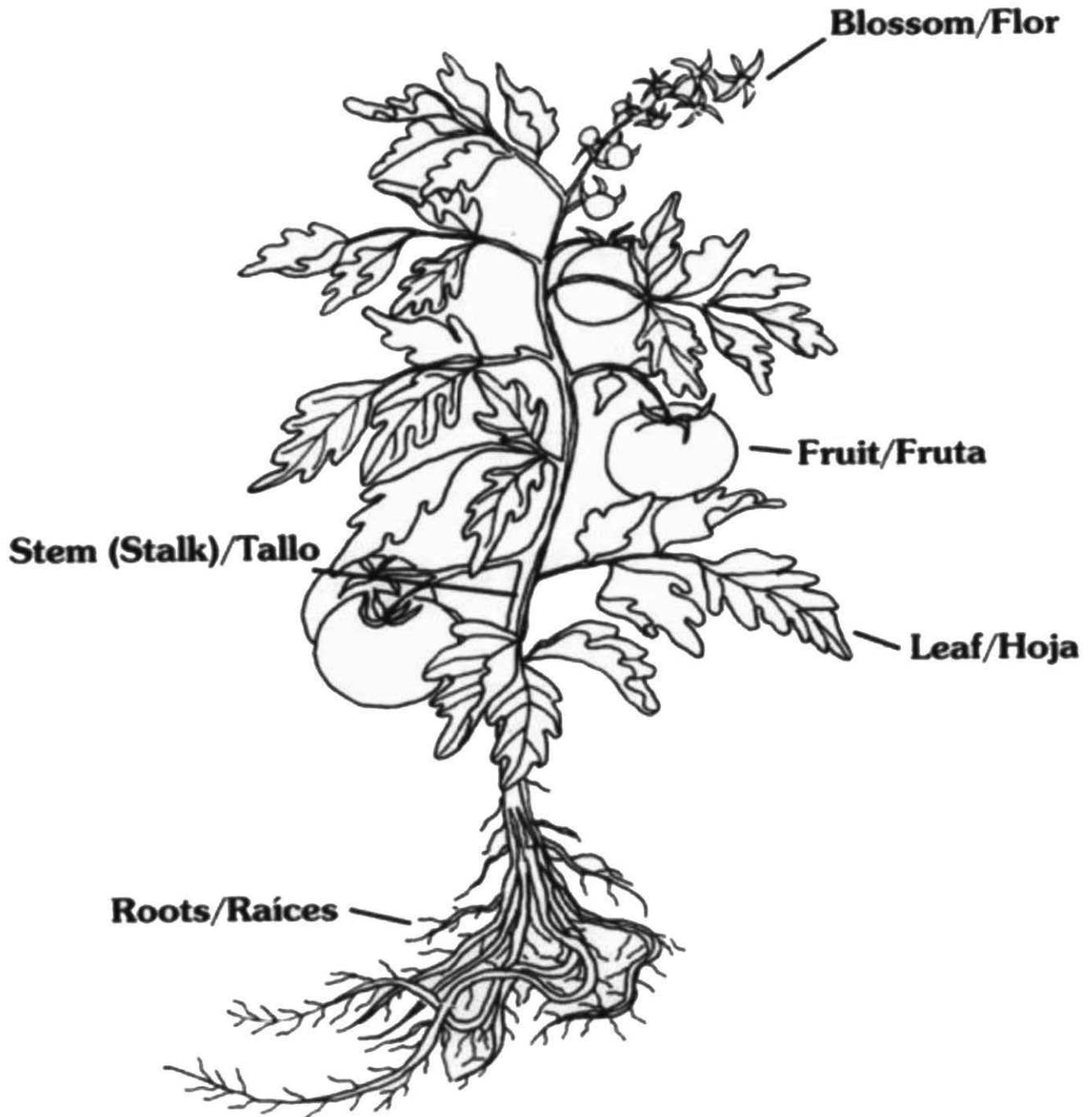
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about tomatoes!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about tomatoes!



Teacher Signature:

Date:

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FUNTOMATOFACTS

- Tomatoes are high in lycopene so they help fight disease
- Tomatoes are the fruit of the plant
- Tomatoes taste delicious!

GREAT TOMATO RECIPES

Tomatoes and Cheese Skewers

Grape tomatoes (2 or 3 per person)
String cheese cut in chunks (2 or 3 chunks per person)
Olive oil
Salt and pepper

Place tomatoes and string cheese on skewer, alternating tomato and cheese. Drizzle each skewer with small amount of olive oil. Salt and pepper to taste.

Skillet Seared Tomatoes

2 tablespoon finely chopped parsley
1 clove garlic, minced
1 tablespoon olive oil

4 large, ripe, firm plum tomatoes, sliced
Salt and pepper to taste
½ cup shredded mozzarella cheese

Mix parsley and garlic in a small bowl. Set aside. Heat skillet over medium heat and oil. Place tomatoes in pan and cook, uncovered, until just tender and beginning to brown, about 10 minutes. Flip tomatoes and reduce heat to medium-low. Sprinkle with salt and pepper, followed by equal portions of the parsley mixture and cheese. Cover and cook until the cheese is melted, about 2 minutes. Serve warm.

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