CLASSROOM CONNECTIONS

TASTEFUL HARVEST

TOMATO

Healthy Nutrition and Learning Success

The classroom is one of the best places to teach students about the importance of eating healthy and being physically active. Studies show a relationship between good nutrition and academic performance. Tasteful Harvest connects with core curricula and links the classroom, cafeteria, and families.

Nutrition Facts	
Serving Size:	1/2 cup tomatoes, sliced (90g)
Calories 16	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturdated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%

EXPLORING OKLAHOMA TOMATOES

Many Oklahoma gardeners grow heirloom tomatoes in their home gardens. They come in many colors, shapes and sizes. They can be big, small, fluted, smooth, red, orange, pink, purple, yellow, green, white, striped, round or pear shaped. They also have very interesting names.

Here is a list of some heirloom tomato varieties. Students can write stories based on some or all of the names.

· Mortgage Lifter · Giant Beefsteal · Arkansas Traveller
· Green Zebra · Banana Legs · Lucky Leprechaun
· Black Prince · Nebraska Wedding · Box Car Willie

TASTE TESTING

Best Ever Raw Salsa

- 1 lb fresh TOMATOES
- ½ cup SWEET ONION, chopped
- ¼ cup GREEN ONION, chopped
- 1 JALAPENO PEPPER, seeded
- Squeeze 2-3 limes
- 1 tablespoon fresh CILANTRO, minced
- 1 clove GARLIC, chopped
- 1 teaspoon MAPLE SYRUP
- GARLIC SALT to taste

When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.

In a food processor, combine all ingredients: cover and process until chunky. Transfer to small bowl. Spoon in a tablespoon into clear condiment cups for the students to taste. Provide chips as an option.

COOKING IN THE CLASSROOM

Ingredients

- 10 mini 100% whole wheat bagels, sliced in half
- 4 large Roma tomatoes, thinly sliced
- Italian seasoning (dry thyme, oregano, basil, or tsp of each)
- 2 ½ cups of pizza sauce
- 1 ¼ cup low fat Mozzarella cheese, grated

Directions

Preheat oven/toaster oven to 400 degrees. Place mini bagel halves on a baking sheet. Spread 2 tbsp of pizza sauce on top of each half. Lightly sprinkle Italian seasoning over the pizza sauce. Place one tomato slice on each bagel half. Sprinkle about 1 tbsp of cheese on top of the tomato.

Bake for 5-8 minutes, until cheese is melted. Serve warm and enjoy!

Recipe adapted from 2006 California Tomato Commission

LYCOPENE: ANTIOXIDANT KIDS NEED!

Lycopene is a bright red carotenoid hydrocarbon found in tomatoes and other red fruits and vegetables, such as red carrots, watermelons, grapefruits, and papayas, but it is not present in strawberries or cherries. It is recommended serving kids plenty of red-pigmented whole foods. Cooked tomato products, sauces, and juices contain higher amounts of lycopene than raw tomatoes due to greater concentration (i.e., it takes many cups of raw tomatoes to make one cup of tomato sauce, and thus the lycopene concentration is greater).

STICK TO THE FACTS

- There are more than 4,000 varieties of tomatoes ranging in size, shape, and color.
- Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared it a vegetable.*
- According to USDA, Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.
- Tomatoes are grown in every state in the United States except Alaska.

STUDENT DISCOVERY LAB

Students can pick any activity listed to learn more about tomatoes!

- List three nutrients found in tomatoes. Name some of the health benefits of these nutrients.
- Tomatoes are eaten by people throughout the world. Identify at least 5 different cultures and research how tomatoes are used in their traditional meals.
- Design a map showing how tomatoes travel from the field, to the grocery store, and to your plate.
- Conduct a science experiment answering the question: What stops a tomato from ripening?
- A STEM Challenge where pupils design and build a model to move tomatoes down a mountain.
- Challenge your students to take on a real life problem affecting people in Nepal.

The problem: In Nepal many farmers living on the mountainside grow fruit and vegetables, including tomatoes. To earn a living they need to sell these at the local market. The problem is getting to market involves a long, dangerous walk down the mountain side and over a river, at the end of which the tomatoes may well be a bit squashed.

The challenge: To design, build and test a way of moving tomatoes that won't squash them!

LESSON ACTIVITIES

Tomato Trivia – K-2
Estimated Time – Three 30 minute sessions
Objective/Purpose: Using tomatoes as a theme, the students will practice their math and science skills of estimating, measuring, counting, graphing and sequencing.
https://www.agclassroom.org/teacher/matrix/lessonplan_print.cfm?lpid=307

Tomatoes | Activity #2 (20 Minutes)All Grades
Materials: Book titled "I Will Never Not Ever Eat a Tomato" by Lauren Child
Preparation: Read over book and materials on lesson plan.
Procedure: Students will read and discuss I Will Never Not Ever Eat a Tomato.

Here are some ideas for discussion questions:
•Has anyone ever decided they didn't like a food, and then tried it and changed their mind?
•What did Charlie end up serving in the end of the book?

Is it a balanced meal with all the food groups
(Use MyPlate as a reference) Use this book as an introduction to the idea of a taste test. When we are given an opportunity to try a new food, we should give it a try. Sometimes it takes more than one try to realize we like a food, and not all tomatoes taste the same.

http://www.vermontharvestofthemonth.org/uploads/2/8/9/6/28966099/08_tomato_lesson.pdf

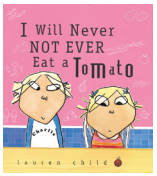
SCHOOL GARDEN: TOMATOES GALORE

If your school has a garden, here is an activity you may want to implement. Select a colorful variety of tomatoes from the school garden, farmers' market, or supermarket.*

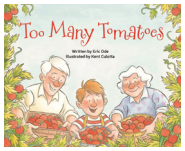
Discuss the growing process for tomato plants. Have students identify parts of the plant and tomato. Have students look up the nutrition information for each variety. Hint: search www.nal.usda.gov/fnic/foodcomp/search/ Compare the different nutrients in each variety. Discuss why different varieties (and different colored tomatoes) have different nutrients.

*Suggested varieties: roma, heirloom, cherry tomatoes, better boy tomatoes, beefsteak tomatoes
Adapted from: https://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Tomatoes.pdf

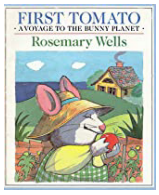
LITERATURE CONNECTIONS



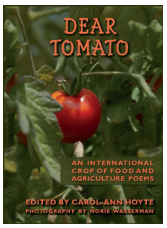
I Will Never Not Ever Eat a Tomato by Lauren Child



Too Many Tomatoes By Eric Ode



First Tomato By Rosemary Wells



Dear Tomato By Carol-Ann Hoyte

HISTORY OF TOMATOES

• The Tomato History has origins traced back to the early Aztecs around 700 A.D; therefore it is believed that the tomato is native to the Americas. It was not until around the 16th century that Europeans were introduced to this fruit when the early explorers set sail to discover new lands.

• An interesting aspect of tomato history is the classic debate: Is the Tomato a Fruit or Vegetable? I guess that depends on whom you are asking. By definition, a fruit is the edible plant structure of a mature ovary of a flowering plant, usually eaten raw; some are sweet like apples, but the ones that are not sweet such as tomatoes, cucumbers, peppers, etc. are commonly called vegetables. Botanists claim that a fruit is any fleshy material that covers a seed or seeds where as a horticulturists point of view would pose that the tomato is a vegetable plant. Until the late 1800's the tomato was classified as a fruit to avoid taxation, but this was changed after a Supreme Court ruling that the tomato is a vegetable and should be taxed accordingly.

• When it is all said and done, the history of the tomato has classified as a poisonous beautiful plant, a tax-avoiding fruit, and a taxable vegetable. Nonetheless, the tomato is the most popular vegetable in America and enjoyed by millions all over the world.

FARM TO ECE
EARLY CARE EDUCATION

Below is the link to Harvest for Healthy Kids website. Lots of great ideas, including this one.
https://www.colorado.gov/pacific/sites/default/files/PF_CACFP_HfHK_Tomatoes_Activity_Plan.pdf

SENSORY EXPLORATION

Squishy Tomatoes
(can be combined with cooking activity)

OBJECTIVES:
1 . Children compare the smell, look, feel, and taste of a variety of tomatoes
2 . Children learn that fresh tomatoes can look, feel and taste different.
3 . Children learn that tomatoes are fruit and have seeds.

WHAT YOU MIGHT NEED:
Fresh ripe tomatoes in various colors and shapes; cherry tomatoes, yellow tomatoes, green tomatoes, heirloom varieties, etc . Frozen and dried tomatoes (optional)Plastic or paper tablecloths,Chart paper, markers,bowls and spoons

WHAT YOU MIGHT DO:
Place tomatoes in bowls .
- Tell children that tomatoes grow in the summertime . Ask children if anyone has eaten fresh tomatoes in the summertime. We can also sun-dry tomatoes or cook tomatoes to make sauces or soup. Fresh tomatoes can also be canned and preserved for use in the winter time .
- Invite children to explore the feel, smell, and look at the tomatoes . If you have a tablecloth, children can explore the tomatoes right on the table .
- Ask children to describe how the tomatoes are the same or different. How do frozen and dried tomatoes feel differently? How do they look differently? What do they smell like? Record answers on chart paper.
- Offer tastes of the tomatoes for those children who would like to try. Remind children to wash their hands after tasting and before continuing to explore the tomatoes.
- Offer children a hand stamp for exploring a new vegetable.