



Tomatoes


Teacher Guide: K - 2nd Grade




Tomatoes

Tomatoes can be big or small.
They can be yellow, orange, or red.



 They can help keep your heart strong. They can also help keep you from getting sick.


Chop them up with onions and peppers and put them in a salsa!



How to use this guide:

This guide breaks down the three sections on the slide and gives you background information and a "script" to prompt discussion with your students.

Tomatoes can be big or small.
They can be yellow, orange, or red.



Tomatoes can come in all sorts of shapes and sizes and even colors. Has anyone seen an orange tomato before? Have you tried an orange tomato? Did you like it? How about a yellow tomato?



They can help keep your heart strong. They can also help keep you from getting sick.

The same thing that makes a tomato red actually helps keep your body healthy. This thing is a natural chemical called lycopene (lie-co-peen). Can you all say lycopene? Put your hand over your heart. Can you feel it beating? Lycopene can help keep your heart beating strong and can keep you from getting really sick. (If it's appropriate, you can mention that it might help prevent cancer.)

Chop them up with onions and peppers and put them in a salsa!



You can chop up tomatoes and mix them up with onions and peppers to make a salsa! What are some other ways we can eat tomatoes? (Examples: tomato sauce, diced on tacos, sliced on a sandwich, etc. Encourage the children to be creative.)

(If children ask if a tomato is a fruit or a vegetable, it is technically a fruit because it has seeds and grows from a flower, but because it isn't sweet, we call it a vegetable.)