

TOMATOES

FAST FACTS

- Tomatoes are botanically a fruit but we often place them in the vegetable food group
- Tomatoes are the fourth most-consumed vegetable in the US
- Some tomatoes grow on a bush and other varieties grow on a vine
- There are two growing seasons for tomatoes in the Phoenix, AZ area (Feb-May and Sept-Nov)



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Vitamin A** - good for your eyes, skin, and immune system
- **Vitamin C** - helps with wound healing
- **Potassium** - a diet rich in potassium seems to lower blood pressure
- **Phytochemicals** - tomatoes are best known for containing the carotenoids lycopene and lutein

SELECTION & STORAGE

Tomatoes should be soft, heavy, and firm. Look out for bruises and blemishes. Smell the tomato to help determine ripeness.

Store tomatoes in a cool, dry place. Do not store in a plastic bag. Sliced tomatoes should be refrigerated and used within four days. Wash tomatoes before eating.

IDEAS FOR SERVING

- Enjoy fresh tomatoes on their own, mixed in a salad, or on a sandwich
- Use tomatoes to make a delicious sauce to use on pizza or serve with pasta
- Incorporate tomatoes into homemade soups



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how tomatoes look, feel, taste, sound, and smell.

Types of Tomatoes

Brainstorm as many types of tomatoes as you can on your own. Then, share your list with a partner!

Fruit or Vegetable?

Make a list of similarities between tomatoes and other fruits. Next, make a list of similarities between tomatoes and other vegetables. Did you identify more similarities to fruit or vegetables?

Poetry

Write a poem about the health benefits of tomatoes. Share with the class!

Write a Recipe

Invent a new recipe that includes tomatoes as one of the ingredients.

Watch a Video

Find and watch a video online that shows how tomatoes are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are examples of other red/orange vegetables?

What type of plant do tomatoes grow on?

What nutrients are found in tomatoes?

What should you look for when selecting tomatoes at the store?

What is your favorite way to eat tomatoes?

REFERENCES

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