

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Tomato Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Tomato Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Tomato Slides** as needed and project on screen (optional).

Print 1 copy of the **Tomato Handout** for each student (optional).

Prepare the tomatoes to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify tomatoes as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in tomatoes.

Understand where/how tomatoes are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in tomatoes.

Plan healthy meals and snacks that incorporate tomatoes.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of tomatoes to consume during the lesson.

#2 Teach: Use the first page of the Tomato Handout to teach the students about tomatoes.

#3 Explore: Select one or more activities from the second page of the Tomato Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other red/orange vegetables?
Examples: carrots, orange peppers, red peppers, pumpkin, sweet potatoes, butternut squash, etc.
- What type of plant do tomatoes grow on?
Example: bushes or vines
- What nutrients are found in tomatoes?
Examples: fiber, Vitamin A Vitamin C, potassium, phytochemicals, etc.
- What should you look for when selecting tomatoes at the store?
Example: Look for tomatoes that are soft, heavy, and firm. Avoid ones with blemishes or bruises.
- What is your favorite way to eat tomatoes?
Examples: fresh, in a salad, in a sauce, in a soup, on a sandwich, etc.

