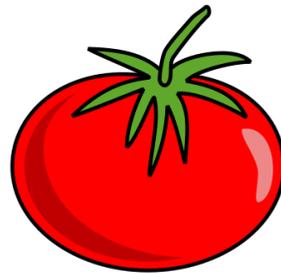


# FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Tomatoes



## September 2010 Read Aloud Books and Activities

**Week 1 Theme: Exploring Vegetables**

**Week 2 Theme: Exploring Tomatoes**



Urban & Environmental  
Policy Institute  
OCCIDENTAL COLLEGE



Materials provided by the Center for Food & Justice- UEPI Occidental College  
Materials modified by permission from the Network for a Healthy California-Merced County Office of Education

# HARVEST OF THE MONTH ACTIVITIES

## Tomatoes Week 1

### Fruits and Vegetables from A to Z

**Book:** Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert

#### **Objectives:**

- Students will review fruit and vegetable concepts from the Harvest of the Month curriculum
- Students will identify familiar fruits and vegetables
- Students will learn about new fruits and vegetables
- Students will learn the different parts of plants we eat

1. Read the book Eating the Alphabet.

2. As you read the book, ask the class questions about the fruits and vegetables in the book such as:

- What colors of fruits and vegetables do you see?
- Who has eaten a fruit today? Which one(s)?
- Who has eaten a vegetable today? Which one(s)?
- What is your favorite fruit or vegetable? What color(s) is it?
- Ask for a show of hands: Who eats broccoli? Cabbage? Cauliflower? Brussels sprouts? Collards? Kale?
- Where do these fruits and vegetables come from? Where can you buy them?
  - Make sure that farmers' markets or farms are mentioned. Emphasize that although we can find these foods in stores, they are fresher and taste better when they come directly from farmers.

3. Discuss with the class how we eat different parts of plants. Use a **Fresh Fruit and Vegetable Photo Card** for each vegetable or fruit you mention and the **Plant Parts Diagram**\* to discuss how:

- Sometimes we eat the **root** (such as beets, carrots, radishes)
- Sometimes we eat the **flower** (such as broccoli and cauliflower)
- Sometimes we eat the **leaf** (such as cabbage and lettuce)
- Sometimes we eat **stems** (such as asparagus and celery)
- Sometimes we eat the **fruit** (such as blueberries, cherries and apples)
- Sometimes we eat the **seed** (such as pomegranates and pumpkin seeds)

\*Plant Parts diagram from the *Eating Healthy from Farm to Fork* curriculum

# HARVEST OF THE MONTH ACTIVITIES

## Tomatoes Week 2

### Exploring Tomatoes

**Book:** Tomatoes by Inez Snyder

#### **Objectives:**

- Students will compare the different varieties of tomatoes to determine which is smallest.
- Students will taste different varieties of tomatoes.
- Students will be able to describe the colors and shapes of the different varieties of tomatoes.

#### **Materials:**

Tomatoes for Food Experience

#### **Directions:**

1. Read the book Tomatoes prior to food experience.
2. Show the children the different varieties, noting colors, size, and how/where they grow.
3. Slice one tomato of each variety and place on separate plates.
4. Show the students what the tomatoes look like on the outside and inside.
5. Allow each child to taste the different tomato varieties and discuss the taste (which one is the sweetest?), smell (which one smells the best?), color, and texture (soft, crunchy, mushy?) of the fruit.
6. Ask the children to determine which tomato is the smallest and which is the largest, and arrange in order from smallest to largest.
7. Ask the children to name another fruit of the same color, something that is round or oval like a tomato, something bigger than a tomato, something smaller than a tomato, and something the same size as a tomato.
8. Review how tomatoes are grown (from the book Tomatoes). Ask the children if they have ever grown tomatoes at home.

# Food Experience Calendar

## **Week 2      Tomato Taste Test**

Optional      Pizza Melt Sandwich

Optional      Pico de Gallo

# FOOD EXPERIENCE RECIPES

## Week 2

### Tomato Taste Test

\* These are suggestions. Try to provide at least 2-3 different kinds of tomatoes.

- 4 Roma Tomatoes
- 4 Tomatoes on the vine
- 4 yellow tomatoes (if available)
- 1 package cherry or grape tomatoes

#### Directions:

1. Gently wash tomatoes gently with warm water.
2. Slice each tomato into approximately 5 slices (except cherry or grape tomatoes).
3. Taste!

#### Other Materials

20 plates

Makes 20 taste tests (1 slice of each tomato and 1 cherry or grape tomato)  
Recipe developed by Network for a Healthy California—Merced County  
Office of Education

## Optional

### **Pizza Melt Sandwich**

10 mini whole wheat bagels, sliced in half  
4 large Roma tomatoes, thinly sliced  
20 tablespoons pizza sauce  
20 tablespoons Mozzarella cheese, grated  
Italian seasoning

#### **Directions:**

1. Pre heat oven to 400 degrees.
2. Place mini bagel halves on a baking sheet.
3. Spread 1 tbsp of pizza sauce on top of each bagel half.
4. Lightly sprinkle Italian Seasoning over the pizza sauce.
5. Place one tomato slice on each bagel half.
6. Sprinkle approximately 1 tbsp of cheese on top of the tomato slice.
7. Bake for 5-8 minutes, until cheese is melted.

Makes 20 taste tests

Recipe adapted from 2006 California Tomato Commission

### **Pico de Gallo**

6 medium Roma tomatoes, chopped  
1 cup chopped red onion  
2/3 cup chopped fresh cilantro  
1 fresh jalapeno pepper, seeded and finely chopped (optional)  
4 tablespoons lime juice (approximately 4 limes)  
4 cloves garlic, minced  
1/2 teaspoon salt  
1 (13 oz.) bag of reduced-fat tortilla chips

#### **Directions:**

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Makes 24 taste tests (1/4 cup each and 1/2 oz of reduced-fat tortilla chips)

Recipe adapted from Healthy Latino Recipes Cookbook

# ACTIVITIES TO EXTEND THE LEARNING EXPERIENCE

## Week 1 (optional)

Set a table aside for a **Tomato Discovery Lab**:

- place various whole tomatoes on the table for the students to examine by measuring and comparing
- Make available scientific tools such as measuring tapes/rulers, a scale, magnifying glasses, tweezers
- Make available paper, pencils and crayons for students to draw their observations. Teachers can write down the student's observations on each student's paper or collectively on one large paper
- As the day progresses, cut a cross section of the tomato and have them compare it to the whole tomatoes
- Encourage students to separate the seeds from the tomatoes and examine them. You can place some on a paper plate in the window to dry and have the student examine them later that week to observe the change.

## Week 2 (optional)

After the Tomato Taste Test, consider creating a **Class Tasting Chart**:

- Draw a tasting chart on a large paper or board
- On bottom of the chart draw and write the name of the tomato tasted (i.e. Roma, Cherry, Yellow, on the Vine)
- On the left side of the chart # 1- 20 or as many students that are in the class; be sure to include yourself and other teachers in the classroom
- Ask the students which tomato was their favorite and record it in the chart
- Discuss the results: "More students like Cherry than Roma"
- Display the chart for the children and parents to see

## Enhancing the Experience in Your Organic School Garden

September is a great time to start planting:

Beets	<b>Bok Choy*</b>	Broccoli	Cabbage	Carrots	Cauliflower
Celery	Chard	Chives	<b>Collards*</b>	Garlic	Kale
Kohlrabi	Leeks	Lettuce	Peas	White Potatoes	

\* Harvest of the Month for February