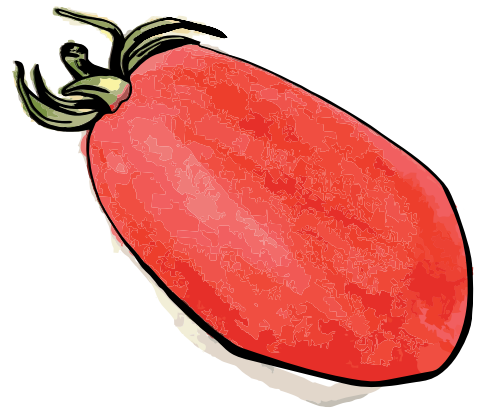


TOMATO LESSON #2

TOMATO - FRUIT OR VEGETABLE?



Ask: Can you name some fruits? What about some vegetables?

Ask: What do you think is the difference between a fruit and a vegetable?

Watch: youtu.be/DTK-uWx_VQo

Say: It's important to note that botanists and nutritionists classify fruits and vegetables differently because they use different criteria and focus on different aspects. Botanists classify based on the plant's structure and reproduction. So, things like tomatoes are botanically fruits because they come from flowers and contain seeds, even though we might not think of them as fruits in the culinary sense. Nutritionists, on the other hand, classify fruits based on how we use and eat the foods. This is why things like tomatoes, despite being fruits botanically, are often treated as vegetables in nutrition because they aren't sweet and are used in savory dishes.

ACTIVITY: PICO DE GALLO

Say: Today, we are going to make a recipe that uses tomatoes as the primary ingredient, Pico de Gallo.

Recipe:

- 3 Roma tomatoes, diced
- 1/2 cup red or white onion, diced
- 1/4 cup cilantro, minced
- 1/2 jalapeño, seeds and membrane removed, minced
- 1 clove garlic, minced
- 1 tbsp lime juice
- Salt and pepper to taste

MATERIALS NEEDED

- Recipe ingredients
- Small bowl
- Plastic knives
- Plastic spoons
- Paper plates and bowls
- Tortilla chips

1. Put students into small groups of 4 to 5. Give each group a paper plate, plastic spoon, plastic knife, two paper bowls, and 3 Roma tomatoes.
2. Have students cut the top off the tomatoes. Place tomatoes on the flat side just created. Cut tomatoes into 1/8 inch slabs by cutting from the top of the tomato to the paper plate. Place two or three stacked slabbed pieces flat on the plate and cut into long strips. Turn the paper plate and cut across the long strips to make diced pieces. Put the diced pieces into the paper bowl. Repeat until all tomatoes are diced.
3. In a small bowl, add diced tomatoes and salt. Stir.
4. Add onion, cilantro, jalapeño, and garlic. Stir.
5. Add lime juice and mix until completely combined. Add salt and pepper to taste.
6. Pass out tortilla chips to all students and let them try the Pico de Gallo.

Ask: Why did we add salt to the tomato in step one?

Say: Salt enhances the flavor of a tomato by drawing out some of the water in the tomato.

Ask: What vegetables did we use in this recipe?

Say: The vegetables in this recipe are onions, jalapenos, and garlic.

Ask: What fruits did we use in this recipe?

Say: The fruits in this recipe are tomatoes and limes.

ALTERNATIVE ACTIVITY: TOMATO ART

Say: Today, we are going to look at some unique tomatoes and then make our own tomato.

Watch: youtu.be/EBiULAW0-LM?si=PEQIc_igf99MN_Bj

Ask: What shapes of tomatoes did you see? What colors did you see? What patterns did you see on the skins of the tomatoes?

Directions: Re-watch the video playing close attention to the shapes, colors, and patterns of the tomatoes.

Ask: Did you see anything else after watching the video again that we didn't mention before?

Say: Let's close our eyes. In your mind, picture a tomato that you would like to grow. In your mind, answer the questions: how big is my tomato, what color or colors is my tomato, is it big and only one grows in a space at a time or is it small and a bunch of them grow together like grapes?

Directions: Give each student construction paper and a crayon. They are going to draw the outline of their tomato on the construction paper. Explain to students that the watercolor will go inside the crayon outline so make sure there is enough room inside the outline. Allow students to watercolor their tomatoes. When students are done, they can move their papers to the drying station to dry. Once they are dry, have students present their tomatoes.

MATERIALS NEEDED

- Construction paper
- Crayons
- Watercolors
- Watercolor brushes
- Paper cups with water for brush rinsing
- Paper towels
- Drying station

ADDITIONAL ACTIVITIES:

- *Tomatoes for Neela* Book Read Aloud - Tomato history, culinary techniques: youtu.be/FD5U3QcpQIQ?si=IVveDRDmY0YdY4Sh
- *I Will Never Not Ever Eat a Tomato* Book Read Aloud - Being open to new foods: youtu.be/THyOSgyQrrU?si=-ulj_uWok3l8QFc



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