



Foods of the Month
Fun, Experiential Activities

Tomatoes

Grades K-2



www.nrpa.org/CommitToHealth

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Read a book about tomatoes, make a 3-D tomato, observe and taste tomatoes

Goals

Introduce students to different varieties of tomatoes and how they grow. Guide students in using tools (scissors and paper fasteners) to make a three dimensional object.

NC Standards Addressed

Kindergarten: *English Language Arts* -1.01, 1.02, 5.01; *Mathematics* – 1.01, 2.01, 5.01; *Visual Arts* – 1.03, 2.06, 2.10.

First Grade: *English Language Arts* -1.01; *Mathematics* – 1.01, 5.01; *Visual Arts* – 7.01.

Second Grade: *English Language Arts* – 1.01, 5.01; *Mathematics* – 1.01, 3.02.

NC Common Core:

Kindergarten: *Language Arts* - RI.K.5, RI.K.6, RF.K.3, L.K.1, L.K.2; *Mathematics* – K.CC.4, K.MD.3

First Grade: *Language Arts* - RI.K. 4; *Mathematics* – 1.NBT.1, 1.G.1

Second Grade: *Language Arts* – RF.K.3, L.K.4

Materials

Supplies for making 3-D tomatoes

- 9" by 12" Red, Yellow, and Green Cardstock
- Scissors (for each child)
- Hole puncher (for every two-three children)
- Markers, colored pencils, or crayons
- 1/4-1/2 inch brads-two per student (make sure the brad head is larger than the hole made by the hole puncher)
- String

Preparation

If you have a limited amount of time for the craft, we suggest cutting the paper strips ahead of time. With this preparation completed, students can make 3-D vegetables in 10-15 minutes. If students cut their own strips, the activity takes 20-30 minutes to complete.



Books to Read

Vegetable Dreams

by Dawn Jeffers

I Will Never Not Ever Eat a Tomato

by Lauren Child

Tomatoes Grow on a Vine

by Mari C. Schuh



Tomato Exploration



Activities

Read a Book

Read Vegetable Dreams, I Will Never Not Ever Eat a Tomato, or Tomatoes grow on a Vine. Sound out and spell out the word “tomato” and “tomatoes” on the board. Count the syllables in the word “tomato.” With older students explain and differentiate the spelling of the singular and plural word.

Tomato Exploration

Show your students examples of different types of tomatoes, including cherry, heirloom, plum, and slicing tomatoes. Give younger children several colors of cherry or pear tomatoes and ask them to put the tomatoes into groups by color or shape. First grader and second graders can put tomatoes into groups of 10, as an introduction or review of more complex counting. Ask the student to describe how the tomatoes look. Are they smooth or rough? Do they look old or fresh? Give the kids magnifying glasses. Cut the tomatoes in half and ask the students to become tomato scientists. Guide them in looking at the slices closely. What do they see? How many seeds do they guess are in a tomato? Is there water in the tomatoes?

Take a Taste

Show the students several varieties of cherry tomatoes. Ask them to pick one to taste. Before they taste the tomatoes ask the students to predict what they think the tomato will taste like. Once they eat the tomato, give the students a few minutes to describe the taste and texture. Give students the opportunity to make a page for their books about tomatoes.

Make Your 3-D Tomatoes

Steps

1. Ask students to select the variety of tomato they would like to make. Do they want a ripe tomato (red or yellow) or a green tomato?
2. Guide the students in making their strips – demonstrate the different methods while counting out the number of strips that you make.
 - *To make round fruits and vegetables, turn your paper horizontally. Fold the paper in half, open and fold the edges to the middle, then fold the outer edge to the middle again. Use your finger to press firmly along each of the folds. Open the paper and you should see eight equal sections. Cut along the folded lines to make 8 strips.*
 - *For longer veggies, fold the paper vertically, into six equal strips. Cut along folded lines to make 6 strips.*
3. Invite the students to draw on the strips. Are they making a “Mr. Stripy tomato (yellow with orange stripes)? Or a sun-gold cherry tomato (yellow with dark yellow or orange spots)?



Tomato Exploration



4. *Guide the students in punching holes half an inch from the top and bottom edges of each of their strips. Students can stack two or three strips together and punch several holes at once.*
5. Show the students examples of green tops. Demonstrate how to cut a simple leaf shape. Guide the students in cut out the green tops or leaves. Ask the students to punch a hole in the middle of the green leafy part.
6. Next, students should stack all of their strips together, adding the green leaf to the top stack. Some of the holes will align others will not.
7. Demonstrate how to put a brad through both the top and the bottom holes. Show them how to secure the brads by flattening the ends. *Guide the students in completing this step. Some students will be able to easily do this. Others will need help from students who find the step easy and from the teacher and teachers' assistant.*
8. Ask the students to guess how they think a stack of paper strips can make a round tomato?!? Before the kids try (and tear their strips), demonstrate how to make the stack of paper into a 3-D object by gently pulling one piece of paper out at a time until the object is round. The green leaf should be on the outside and top of the tomato.
9. Attach a piece of string to the top brad so that students can proudly display their crafts.

September: Tomatoes

Changing Sunlight to Food? How do plants do this?!!

All green plants contain chlorophyll that absorbs sunlight. The chlorophyll is in small parts of the plant called chloroplasts. Chloroplasts convert the sunlight/solar energy absorbed by the chlorophyll into sugar that is used by the plant to activate a process called photosynthesis.

Photosynthesis is a process whereby the plant uses water and carbon dioxide to create compounds called carbohydrates that help plants grow.



Fruit bearing plants such as the tomato store carbohydrates in the fleshy part of the fruit as well as in all other parts of the plant.

Try the fun experiment on the next page to see what happens if you block sunlight from the leaves of a green plant!



Foods of the Month Fun, Experiential Activities

Try this Fun Experiment: Lights Out!!

1. Divide the students into small groups.
2. Provide each group with a potted green plant, a sheet of aluminum foil, scissors and several paperclips.
3. Children cut pieces of aluminum foil large enough to cover several leaves on their plant.
4. Children attach the pieces of foil to leaves on their plant using the paperclips.
5. Children label their plants and place them in windows where they will receive plenty of light.
6. After a week, children remove the pieces of aluminum foil and compare the appearance of the two groups of leaves.
7. Propose an explanation for the changes they have observed.
8. Discuss the significance of the presence or absence of **green** pigmentation in the plant leaves.

Adapted from: <http://tomatosphere.org/teachers/guide/sun-energy>



September: Tomatoes

Tasty Tomatoes – Let’s Try Them!!!

(and then WIN a Certificate!)

Tomatoes have been ripening on the vines all summer, so start a discussion with kids about the diverse varieties of the tomato!

Wash and cut small tomato pieces from varying types for tasting samples. Place on a serving tray and set aside.

1. Ask kids how many different varieties of tomatoes they have seen at the grocery store, a garden or local farmer's market? List these on the board (such as standard round globe, plum, grape, cherry, yellow, green and purple).
2. One child at a time, present the tomato sample serving tray and let kids pick one sample to taste.
3. As kids are tasting, share tomato trivia:
 - a. What nutrients do tomatoes have? (Vitamin A, C and the antioxidant, lycopene)
 - b. Tomatoes are thought to originate in Peru. The name comes from the Aztec “xitomatl,” which means “plump thing with a navel”.
4. Ask kids some of the ways they typically eat tomatoes? (in sandwiches, salads, Mexican food, pasta and pizza sauce).
5. Discuss other healthy ways to eat tomatoes, such as a snack (raw cherry tomatoes) or a veggie dip (tomato salsa mixed with low fat yogurt). If time allows, prepare the veggie dip for kids to try.

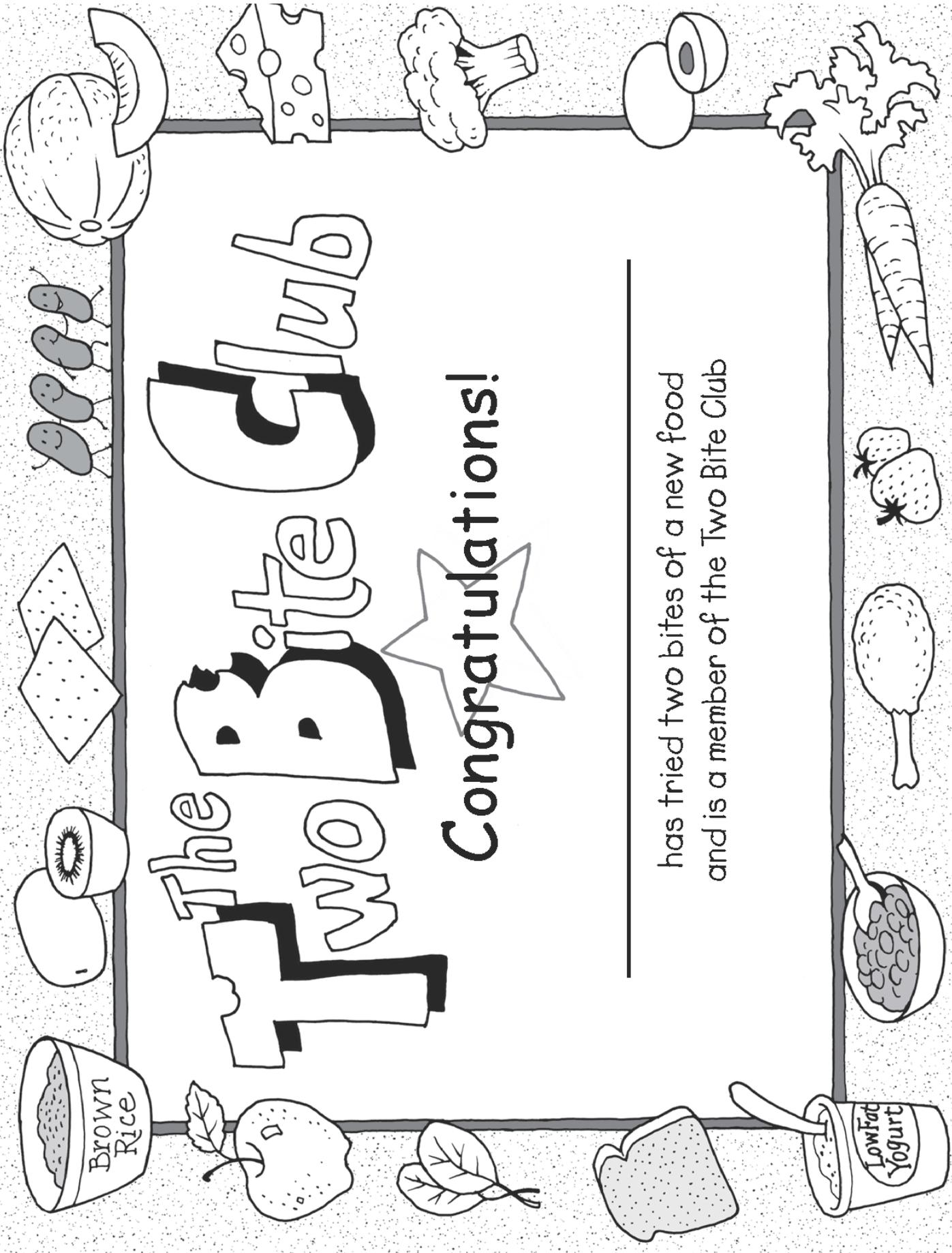
Hand out a “Two-Bite Club” certificate to each child who has AT LEAST two bites of healthy tomatoes!
(Certificate is on page 2, below)

Adapted from: <https://www.healthykidschallenge.com/tasty-tomato-activity-kids>

The Two Bite Club

Congratulations!

_____ has tried two bites of a new food and is a member of the Two Bite Club





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Whole Grains

Grades K-2



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Your Name: _____

“Whole grains are my favorite fuel!”
- Kira



The Super Crew®

Whole-Grain Tracker

The American Institute for Cancer Research, SuperKids Nutrition and the Super Crew say every kid can be a hero and that means you! Jump higher, run faster, think, look and feel better with whole grains!

Healthy snacks that include whole grains:

- Whole-wheat pita with hummus
- 100% whole-grain crackers with low-fat or reduced fat cheese
- Oatmeal with chopped apples and cinnamon
- Baked blue, red or yellow corn chips and salsa
- Popcorn with spices and Parmesan cheese instead of butter
- Whole-grain granola bars and fresh fruit
- Whole-grain pretzels and dried fruit

What's your favorite whole-grain snack?



Examples of Whole Grains

Whole-Wheat Bread	
Oats	
Quinoa	
Brown, Red or Purple Rice	
Whole-Grain Pasta	
Popcorn	

Color in a shield each time you eat a whole grain this week. See how many you can eat each day!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Visit www.superkidsnutrition.com for more fun activities with the Super Crew.

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Start every day the whole-grain way!

Nutrients in Whole Grains	Benefits
Fight-o-Chemicals	Help fight off germs, viruses and cancer.
Fiber	Protects you from cancer, keeps you from getting constipated and is good for your heart.
Folate	Helps to build new cells so they can stay healthy.
Thiamin Riboflavin Niacin	Keep your body's cells working correctly.
Iron	Provides oxygen to your blood.
Magnesium	Helps build strong bones.
Selenium	Helps your immune system keep you from getting sick.

Draw your favorite healthy meals and snacks that include whole grains, for example, a pancake breakfast.

Remember, it's important to not only think about **what** you're eating, but also **how much** you're eating to get the best nutrition possible! Check the serving size on the bag or box.

