LESSON NAME
Tomato Nutrition

GRADE LEVEL
Pre-K - 8

TIME
5–30 minutes

CONTENT AREA
Health, Math, Science, English Language Arts

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?
  Example: 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, or a sandwich, etc.

Arizona K-12 Content Standards: Health Strand 1, Concept 3, PO2
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