

## Healthy Food of the Month Tomatoes

### Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

**Audience:** Kindergarten

### Optional Craft, Activity or Snack:

- *Picking tomatoes*
- *Book "First Tomato" by Rosemary Wells*

### Materials:

- *"First Tomato"*
- *Picture of a Tomato Plant*

### Lesson:

Leader: The healthy food that we are learning about this month is tomatoes. Who likes tomatoes?

Does anyone know how tomatoes grow?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!

Let's get ready to go to our garden and pick some tomatoes. Let's put on our boots and a big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a garden looking for tomato plants. When you open your eyes we will pretend to be in that garden.

Ready? Close your eyes.....can everyone imagine it being a hot summer morning and we are standing in a beautiful garden filled with vegetables. Okay, open your eyes. We are now in the garden!

Let's look around for the tomato plants. Some of the plants may even be bigger than you, so don't get lost! You may see little green tomatoes but they are not ready to eat yet. We are looking for red juicy tomatoes that are ready to eat.

Oh, look here, I just found a tomato plant with little red cherry tomatoes. Let's all pick one and eat it. Yum! These are delicious. Let's pick some more.

Now let's look for some bigger tomatoes. Does anyone see a big red tomato ready to pick?

Let's each pick one or two big tomatoes. Then we will come back to pick more in a couple of days.

Is everyone done? Let's take our full baskets back into the house and see what we can do with these tomatoes.

Leader: Who knows some great ways to eat tomatoes? (Brainstorm some ideas; fresh and raw like an apple, in salads, on sandwiches, or in tomato sauce).

It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!  
Don't forget to eat tomatoes this month! Your body will be happy!

