

# Taste and Teach

## September - Tomatoes



### Five **Fun Facts** About Tomatoes!

- Processing tomatoes (used to make sauces, soups, salsa, and more) have thicker skin and a firmer consistency than fresh market tomatoes.
- Nearly all tomato products (96%) eaten in the U.S. are made with tomatoes grown in California.
- Scientifically, tomatoes are considered a fruit. However, the Supreme Court declared them a vegetable because of the way in which people commonly eat them.
- There are more than 2,750 varieties of fresh market and processing tomatoes.
- The first tomatoes were the size of cherries.

### Four **Fun Teaching Ideas!**

- Watch this video on tomatoes from the Tomato Wellness Council: [youtu.be/koZ1QCh8aRY](https://youtu.be/koZ1QCh8aRY)
- Brainstorm common meals that have tomatoes in them. Who can name the most?
- Have students complete a tomato-themed page from the *What's Growin' On?* student newspaper.
- Draw a tomato! Tomatoes come in many shapes, colors, and sizes. Invite students to research and draw a tomato variety. Then, students can discuss and compare their drawings with a partner.

*Explore all the great tomato resources in this section!*