

TOMATO



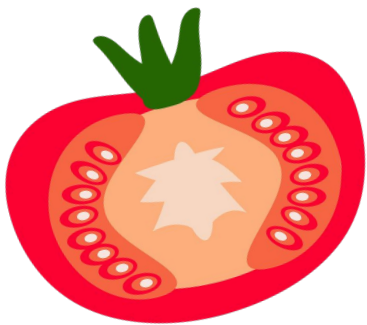
The tomato is a red fruit. They are shiny and smooth. Tomatoes have many small seeds on the inside. Tomatoes are fruits because they contain seeds and grow from a flowering plant. Tomatoes are related to peppers, potatoes, and eggplant.

There are more than 10,000 kinds of tomatoes. The tomato is green when it is unripe. It becomes red when it ripens. Most tomatoes are red. There can also be green, yellow, orange, pink, black, brown, white, or purple tomatoes.

There are 7 different types of tomatoes: cherry, grape, roma, beefsteak, heirloom, tomatoes on the vine, and green tomatoes. Some are good for snacking. Other kinds are better for slicing. Some tomatoes are also better for cooking.



Tomatoes are good for us to eat. They have **vitamin A** and **vitamin C**. These vitamins are good for our eyes and help us stay healthy.



Scan the QR code to learn how heirloom tomatoes grow.

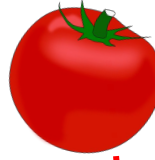


Did you know Heinz Ketchup has a speed limit? If the yummy sauce pours at more than 0.028 mph when it is in the factory, it is considered too runny and rejected!



KID FRIENDLY SALSA

- 4-5 Roma tomatoes, chopped
- 3 Tbsp green bell pepper, diced
- 1 Tbsp cilantro, chopped
- 1 Tbsp red onion, diced (optional)
- ½ tsp of garlic powder
- 1 lime, juiced
- Salt, to taste



Combine all ingredients in a large mixing bowl and stir. Add your favorite pepper if you like spicy salsa. Enjoy with chips!



S.T.E.M. Challenge

Problem: The farmers in Nepal grow tomatoes. They take the tomatoes to market to sell them. The walk to the market is very dangerous. They walk down a mountain and across a river. The tomatoes get squashed sometimes.

Challenge: Design and build a way to move the tomatoes. You want to keep them from being squashed.

Tomatoes are used in many of our favorite things to eat. If it weren't for tomatoes, we wouldn't have all these foods below. Rank the foods below in the order you like to eat them. Use 1 for your favorite, and use 6 for your least favorite.

Pizza Sauce



Spaghetti Sauce



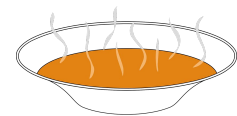
Salsa



Ketchup



Tomato soup



Taco Sauce

