



Out-of-School Time Learning Plan Tomato

Harvest Out-of-School Objectives

Participants will review which plant part tomato is from
Participants will review the health benefits of tomato
Participants will make a tomato out-of-school time snack



Harvest Out-of-School Review

- Hold up the tomato and ask the participants if they remember, from school:
 - what it is called (tomato)
 - what plant part tomatoes are from (after pollination, swollen flowers—see image on next page)
 - what type of food category it is in (botanically it is a fruit because seeds are inside, but culinarily it is considered by many to be a vegetable)
- Review with them how tomatoes grow (after pollination, the tomato flowers swell and become tomatoes), why we should eat tomatoes (healthy heart, healthy immune system—prevents colds, healthy muscles, healthy eyes, and heals cuts) and how to pick good tomatoes (they should be firm and dry on the outside). Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—How can you make food look like body parts?

- Hold up the tomatoes and ask the participants to sketch what 4 additional ingredients would be needed to turn the tomato into a face? What food might be used as “glue”? Allow participants 1-2 minutes to visit about their ideas with a partner and sketch their brainstorms. If time permits, have a group discussion about their ideas.

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Tomato Heads (for 10 participants)

(adapted_ from: <http://familyfun.go.com/recipes/mr-tomato-head-686877/>)

- 1 Container of Small tomatoes or large cherry tomatoes (~24 oz)
- 10 oz can Peas—for hair
- 1 12 oz container Cream Cheese or Hummus—to attach
- 1 Can black beans (small)—for eyes
- 1 Small Yellow bell pepper—for nose
- 1 Bunch Celery—for mouth
- 3-5 serrated knives
- 5 teaspoons (or small melon ballers)
- Spoon/Plate (1 per participant)



- 2 chopping knives
- 3-7 cutting boards
- Can opener

General Directions: Use cheese/hummus to attach items to tomatoes to create faces.



Tomato

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the tomatoes under running water and rub the skin with the hands to remove any soil. Using the serrated knife, demonstrate how to slice the top off the small tomato/cherry tomato. Hold the tomato with one hand on the cutting board. Show them how to hold the knife handle properly. Show them how to roll their fingers under, so their fingertips are protected. Have each participant cut 3 or 4 tomato tops and keep the tops for hats.
3. Have each participant scoop out the insides with a teaspoon (or melon baller), then turn the tomato upside down to drain.
4. Have a participant open up the can of peas and have all the participants fill their tomatoes with peas.
5. Rinse the celery. Using the chopping knife, and the same techniques in #2 to demonstrate how to cut the celery ribs into small slices to look like mouths.
6. Rinse the yellow bell pepper. Using the chopping knife, and the same techniques in #2 to demonstrate how to cut the bell pepper into small pieces to look like noses.
7. Have a participant open and drain the can of black beans. Demonstrate how to use small dabs of cream cheese to “glue” on a pair black-bean eyes, yellow-pepper nose, and a celery grin. Put the hat back on, and enjoy!

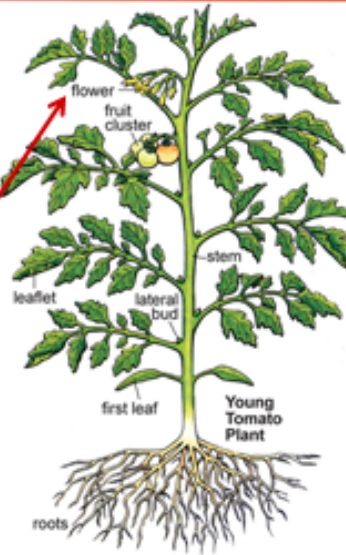
Harvest Out-of-School Wrap-Up

- After trying the tomatoes, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put tomatoes.
- On their “Why we should eat...” page have the participants record one health benefit of tomatoes.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, What other fruits or vegetables could be turned into faces? (apples, oranges, peaches, pears, etc)

How do Tomatoes grow?



Tomatoes grow on a vine. After pollination, tomato flowers swell into tomatoes that we eat.



Why should we eat Tomatoes?

Lycopene Vitamin A Vitamin C



Healthy heart



Healthy eyes



Healthy immune system (heals cuts, prevents colds)

Potassium



Healthy muscles

Vitamin K



Heals Cuts