



Teacher ACTIVITY GUIDE

Hello!

We are excited to share the joy of tomato season with you! The cherry tomatoes you just received were grown close to you by small, pesticide-free family farms. In this packet you will find fun activities for young children.

Agriculture is an important part of New Mexican culture and makes our community resilient in the face of challenges. We want to encourage children to eat healthy by asking families to taste test local cherry tomatoes this summer.

The American Friends Service Committee (AFSC) is a local nonprofit organization that works to connect farmers and schools to get healthy food to children. If you have any questions, please call our office at 505-842-7343. Follow us on Facebook at <https://www.facebook.com/afscnm/>

Sincerely,

Sayrah Namaste & Angelina Lopez-Brody
AFSC New Mexico



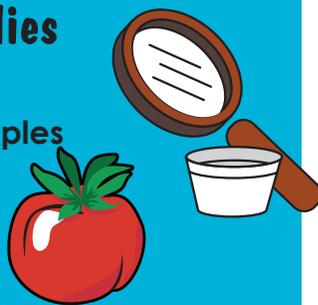
Equipment Required

- cutting board
- knife



Materials/Supplies

- 1 whole tomato
- taste testing samples of tomato
- *magnifying glasses
- *taste-testing cups



*Optional

Before the Lesson

Select one whole tomato for children to closely examine with magnifying glasses. Prepare samples of tomato for children to taste.



Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will describe what a tomato looks like under a magnifying glass. Children will also share if they like how a tomato feels, smells, and tastes.

Words to Use

- | | |
|---------------------------------|--------------------------------|
| <input type="checkbox"/> feel | <input type="checkbox"/> smell |
| <input type="checkbox"/> smooth | <input type="checkbox"/> taste |
| <input type="checkbox"/> round | <input type="checkbox"/> red |
| <input type="checkbox"/> tomato | |

Introduction

This activity will work well as a circle time activity and at tables, in small groups, for tasting.

«Today we are going to be detectives. Does anybody know what a detective does? A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives carry, to look closely at a food that many of us have not tried before. After we all take a turn looking at the new food, we get to smell and taste the new food.»



Activity Description

1. Gather the children in a circle and explain that everybody is going to be a food detective. Remind children that a good food detective uses his or her eyes, ears, hands, and mouth to collect clues.
2. Pass the tomato around the circle and encourage each child to touch the tomato and look at the tomato with his or her own magnifying glass.
3. Ask the children what a tomato looks like and if they like the way the tomato feels on their hands.
4. Ask the children to wash their hands and go to their tables.
5. At the tables, provide each child with a sample of tomato. Encourage children to smell the tomato before tasting it.

Summary

«Today you were a food detective and used your eyes, hands, nose, and mouth to describe a new food. Who liked the way a tomato felt on your hands? What did the tomato look like with a magnifying glass? Who liked the way the tomato smelled? Who liked how the tomato tasted?»

Enrichment

Ask children to make the shape of the letters that spell *tomato* with their bodies.

Learning Objectives

1. **CHILDREN WILL** complete the first of four tomato tasting experiences.
2. **CHILDREN WILL** describe what a tomato looks like under a magnifying glass.

Teaching Objectives

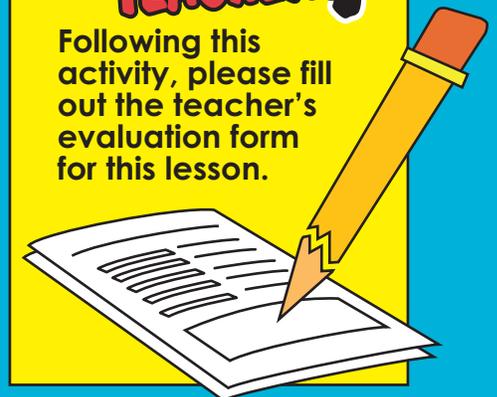
1. **TEACHERS WILL** model healthy eating behavior for children.

Teaching Tips

- Young children are more likely to try a new food if the behavior is modeled by an adult.
- Children may not want to try a new food. Encourage each child to take one bite.

**ATTENTION:
TEACHERS!**

Following this activity, please fill out the teacher's evaluation form for this lesson.





Equipment Required

- knife
- cutting board



Materials/Supplies

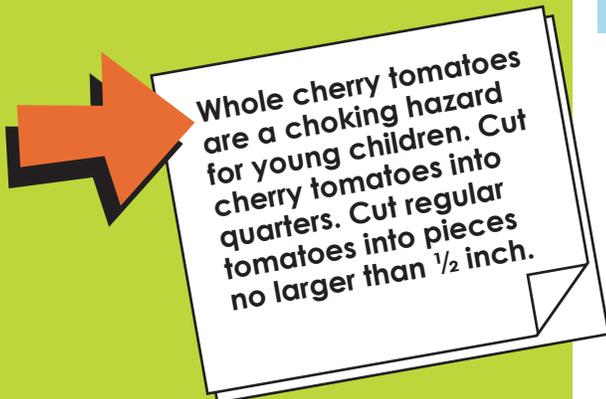
- taste testing samples of tomato
- taste testing samples of quartered cherry tomatoes
- *taste-testing cups



*Optional

Before the Lesson

Prepare samples of both varieties of tomato for each child.



Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will taste test two varieties of tomato.

Words to Use

- tomato
- small and large
- red
- cherry

Introduction

This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of regular tomato and one plate with samples of quartered cherry tomatoes.

« Today we are going to be taste testers. What does a taste tester do? Taste testers try new foods and describe how they look, smell and taste. »



Activity Description

1. Gather the children in small groups at their tables after they have washed their hands.
2. Ask the children what food is in the middle of the table. Remind the children of when they were food detectives. Inform the children that there are many types of tomatoes. Tomatoes come in all shapes and sizes. Tell the children that they will be tasting a cherry tomato and a regular tomato.
3. Instruct each child to take a sample of tomato.
4. After every child has a sample, ask the children to smell the tomato. Ask the children how the tomato smells.
5. Encourage each child to take at least one bite of sliced tomato.
6. After everyone has smelled and tasted the sample, ask the class if they liked it.
7. Repeat this process for quartered cherry tomatoes.
8. Ask the children if the different types of tomatoes looked the same or looked different, smelled the same or smelled different, tasted the same or tasted different.

Summary

« Today we were taste testers. What did we taste today? Which type of tomato tasted the best? »

Enrichment

Ask children how many pieces of tomato you have when you cut it in half, in quarters, and in eighths.

Learning Objectives

1. **CHILDREN WILL** complete the second of four tomato tasting experiences.
2. **CHILDREN WILL** describe if two varieties of tomato are similar or different in appearance, smell and taste.

Teaching Objectives

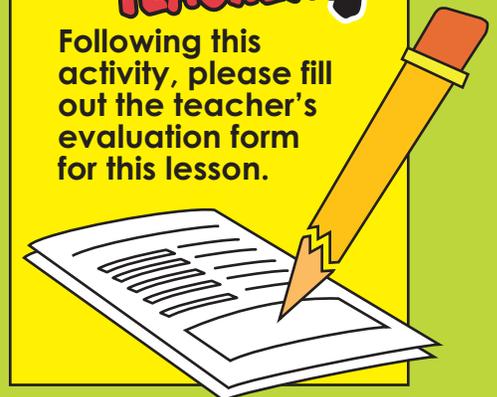
1. **TEACHERS WILL** model healthy eating behavior for children.

Teaching Tips

- Some children may not want to try even small samples of tomato. Encourage each child in your classroom to try at least one bite of both tomatoes.
- The more times children are exposed to new foods the more likely they are to like the new food.
- Children are more likely to try a new food if you model the behavior!

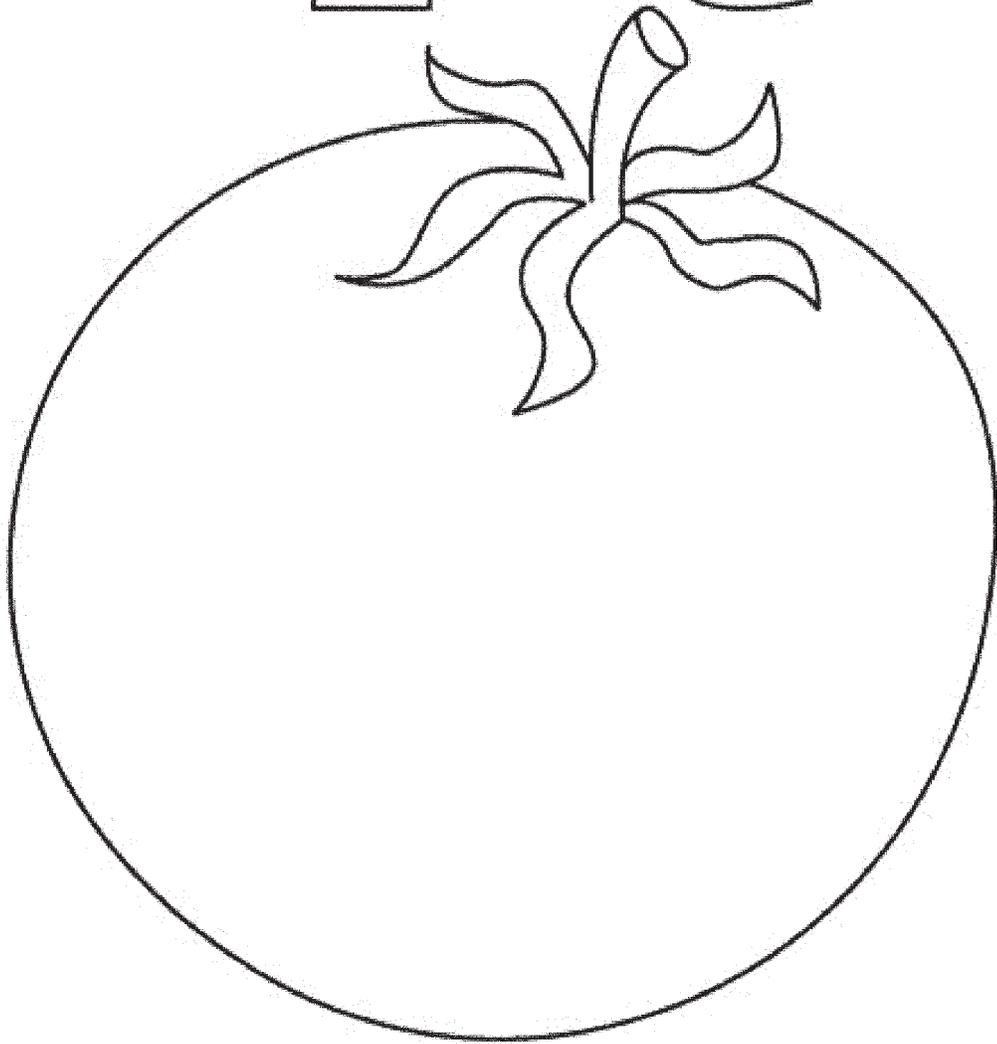
ATTENTION: TEACHERS!

Following this activity, please fill out the teacher's evaluation form for this lesson.

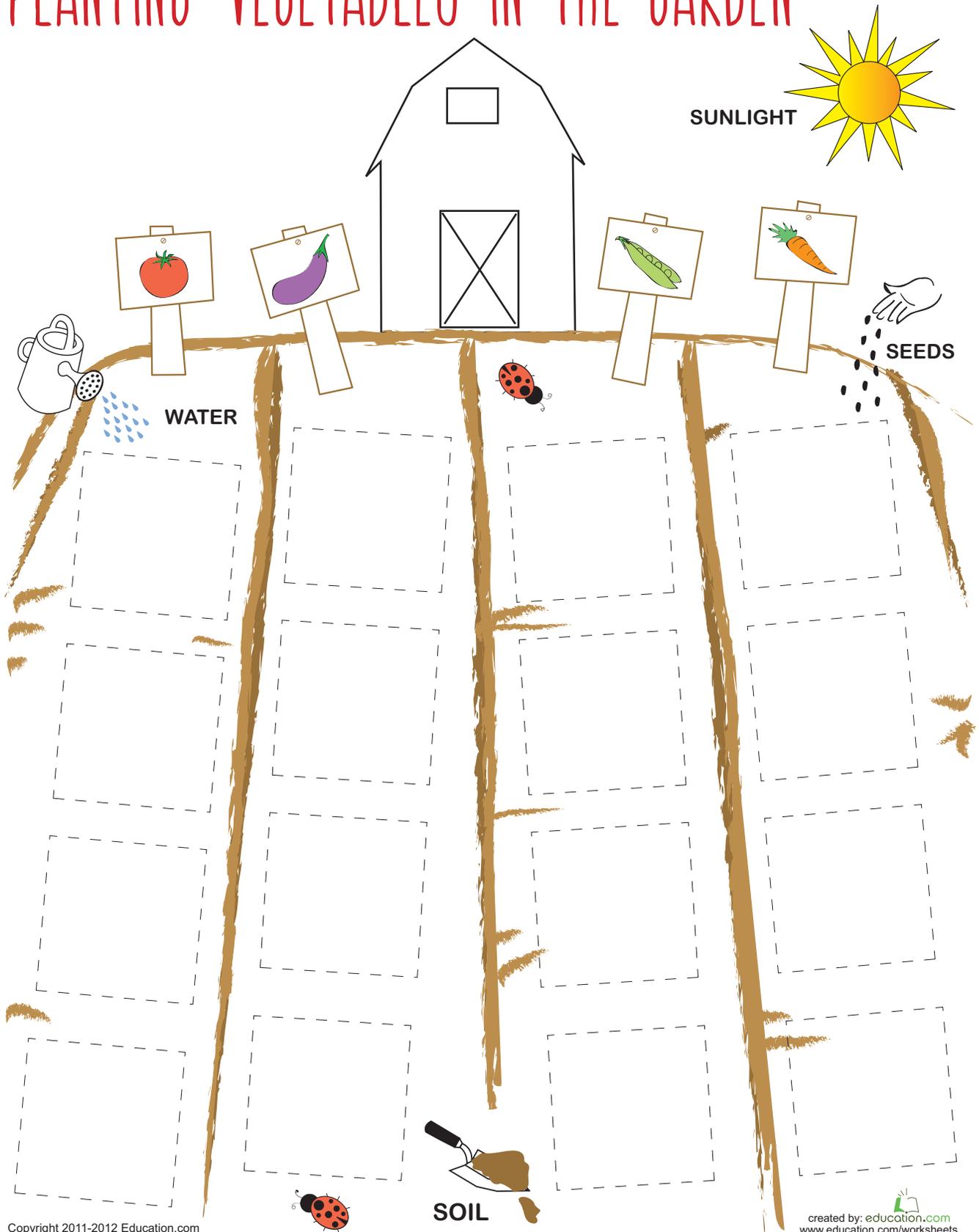


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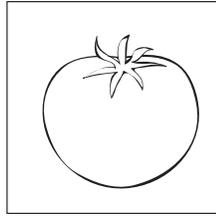
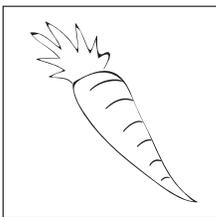
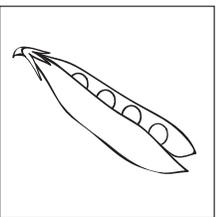
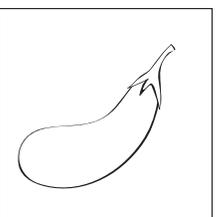
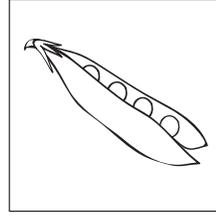
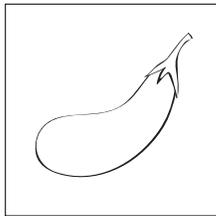
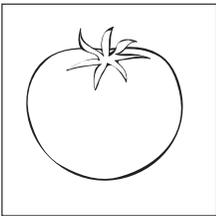
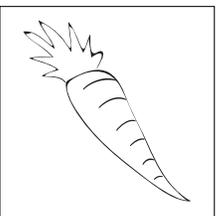
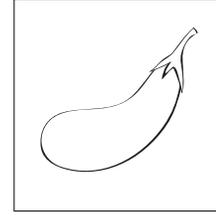
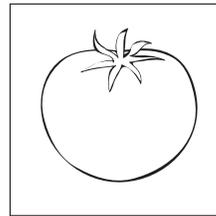
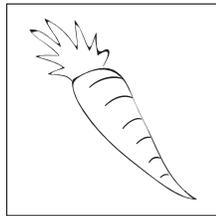
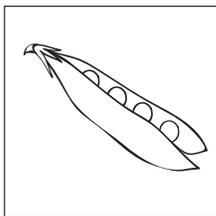
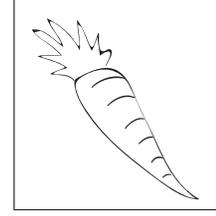
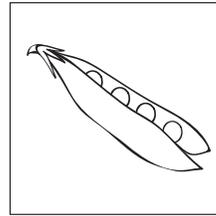
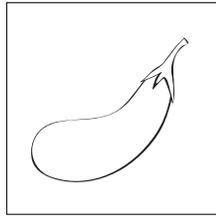
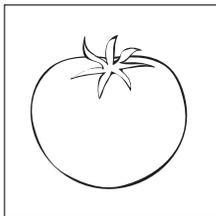
PLANTING VEGETABLES IN THE GARDEN



PLANTING VEGETABLES IN THE GARDEN

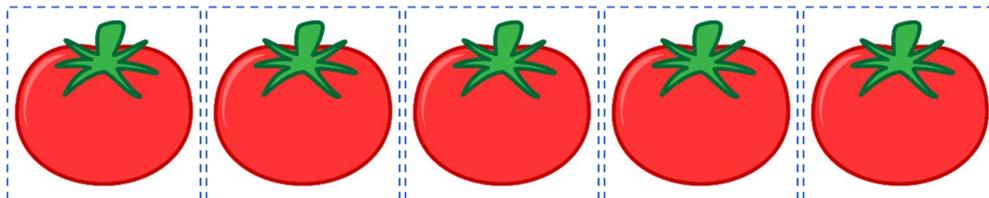
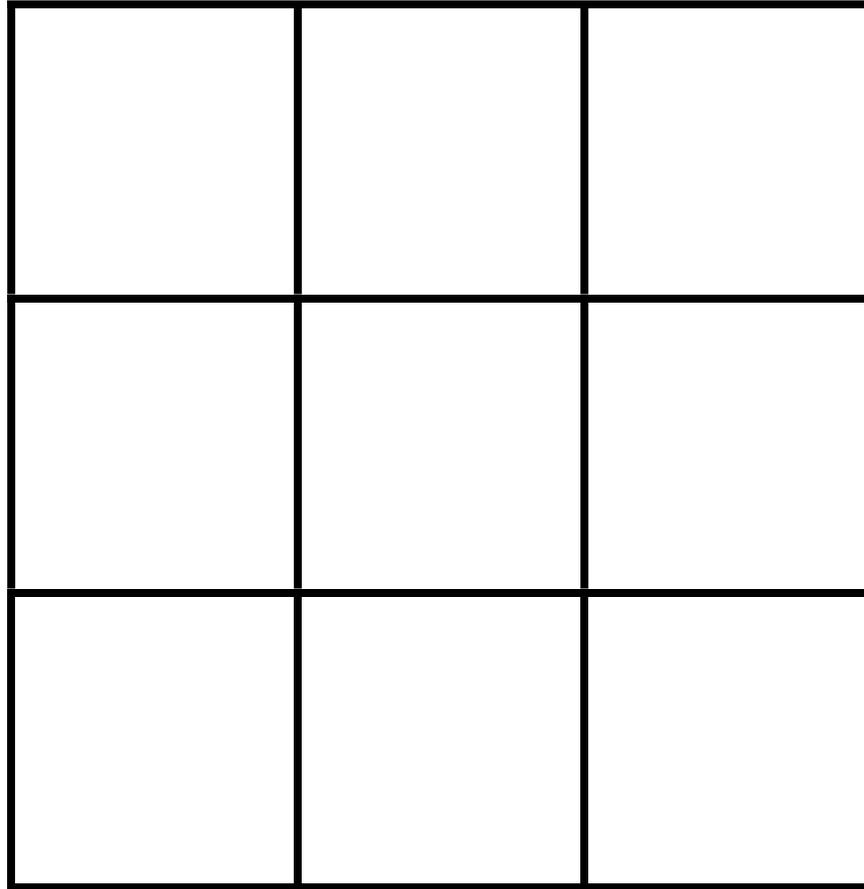
Color all the vegetables. Then cut them out with the help of a parent. Next sort them and paste each kind of vegetable in a row to plant your own vegetable garden.

Parent Tip: Talk about how plants grow & stages of planting.
Ask the child to name more vegetables.



Cherry Tomato Tic Tac Toe

Tomatoes grow from a tomato flower.
Can you get three tomatoes flowers in a row?



Thanks to Vecteezy.com & Clipart-Library.com for the images!