



TOOLKIT & ACTIVITY GUIDE

A project of the **American Friends Service Committee, New Mexico Program**

www.afsc.org/newmexico 505.842.7343



FAMILY ACTIVITY GUIDE

Hello families!

We are excited to share the joy of tomato season with your family! The cherry tomatoes you just received were grown right here in Bernalillo County by small, pesticide-free family farms. In this packet you will find fun activities for kids. Activities in the beginning of the packet are aimed at younger grades and progressively become more challenging – though every student can try them all!

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.

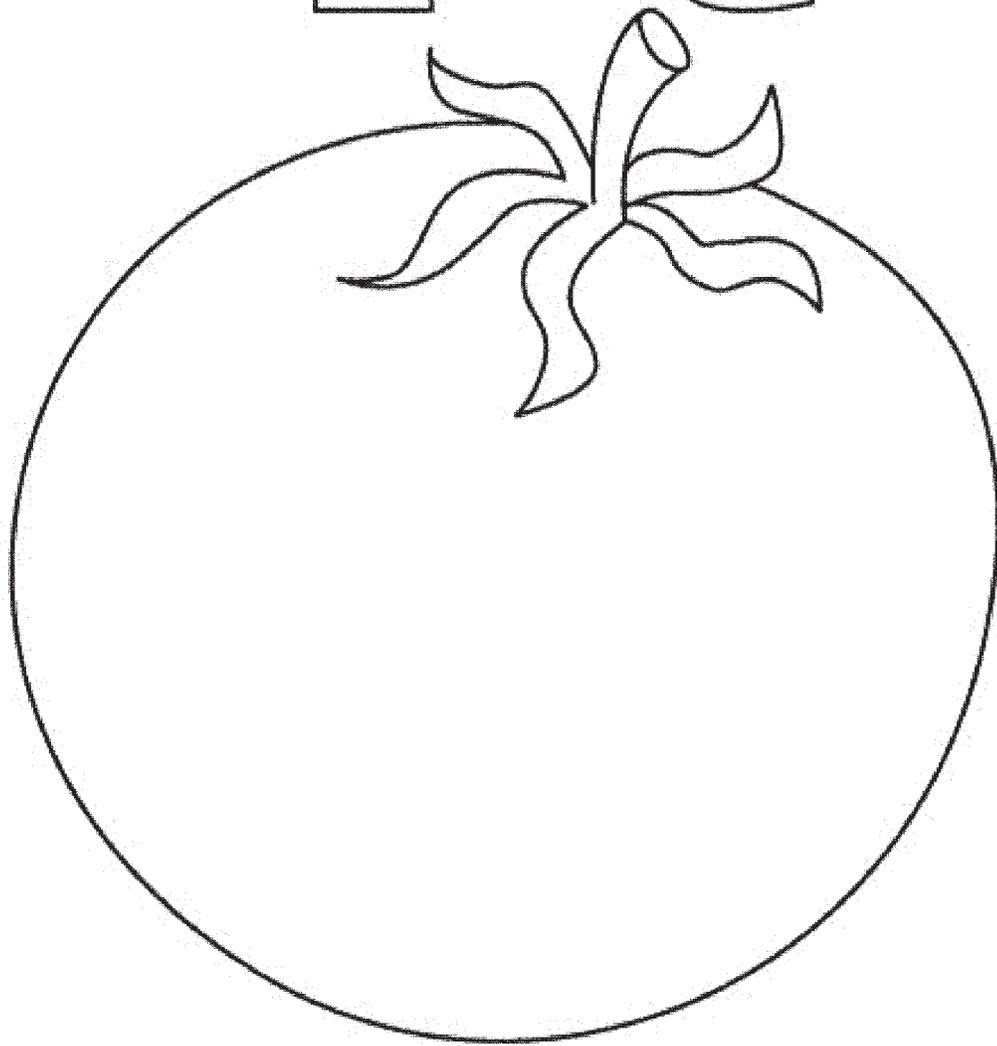
The American Friends Service Committee (AFSC) is a local nonprofit organization that works to connect farmers and schools to get healthy food to children. If you have any questions, please call our office at 505-842-7343. Follow us on Facebook at <https://www.facebook.com/afscnm/>

Sincerely,
Sayrah Namaste
Program Director, AFSC New Mexico

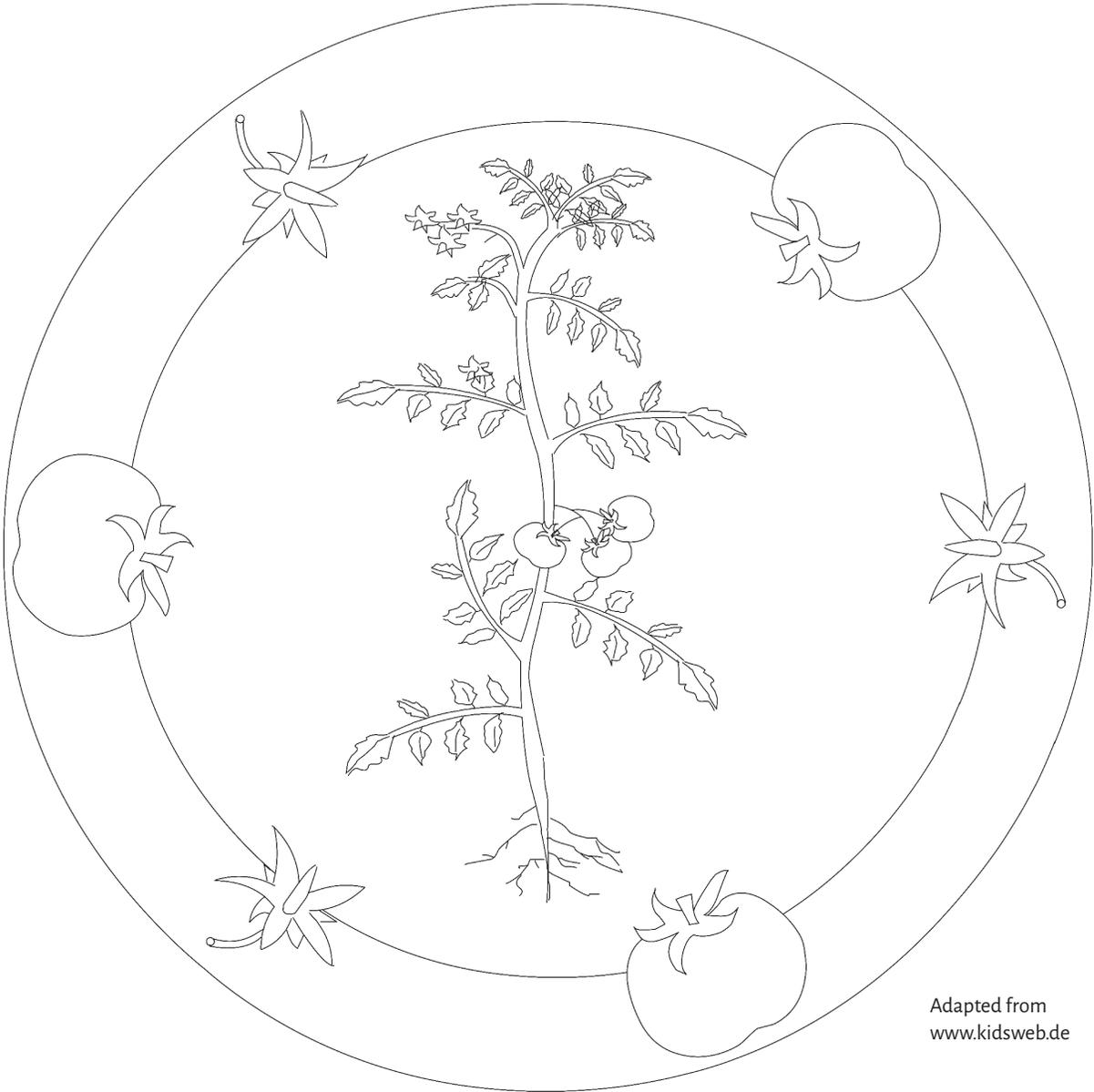
Angelina Lopez-Brody
Administrative Assistant, AFSC New Mexico

T FOR TOMATO

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TOMATO PLANT MANDALA



Adapted from
www.kidsweb.de

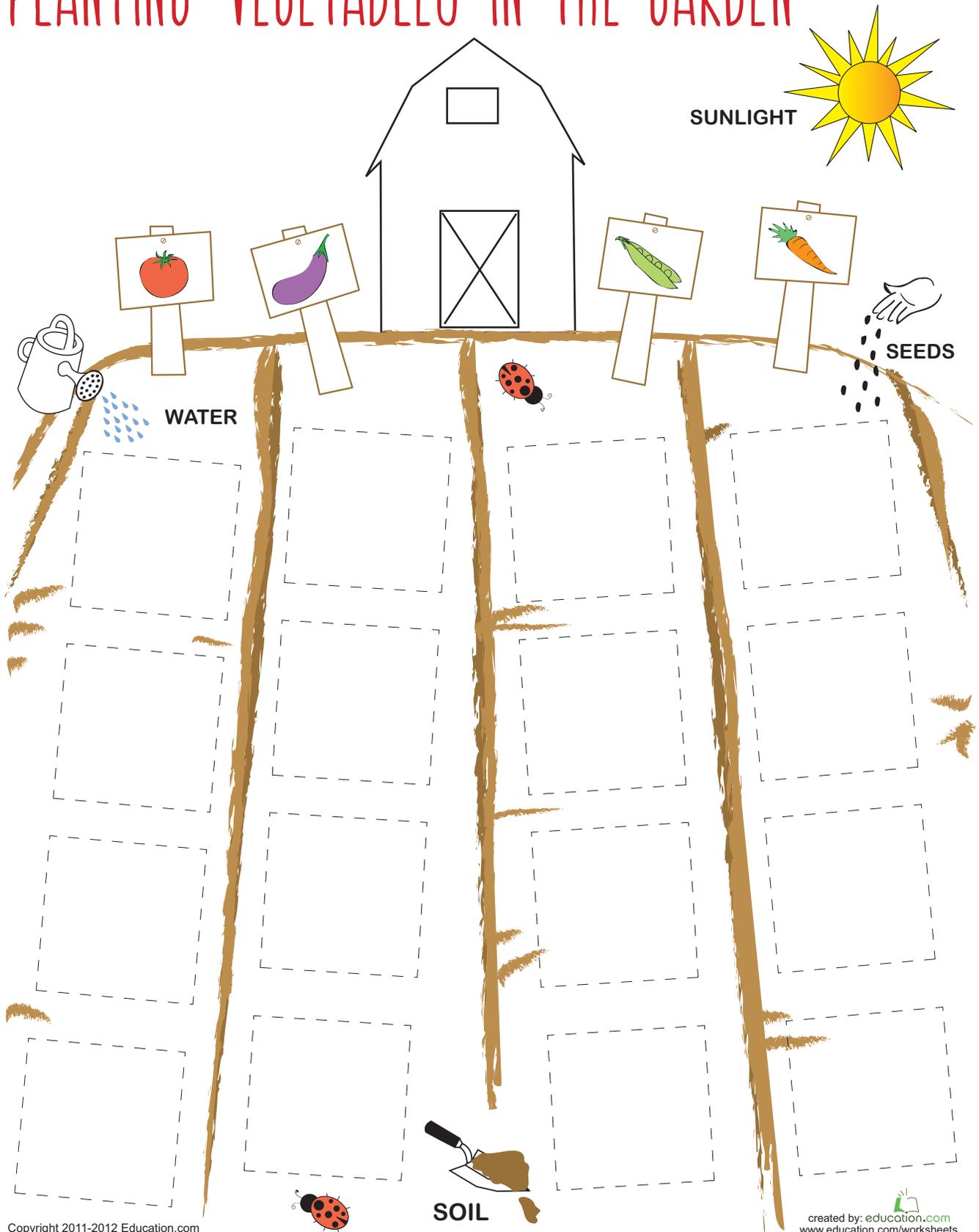
Teachers and Parents:

Identify: Help your child find the leaves, stem, roots, flowers, and fruit on the picture.

Color: Where should we color the dirt in the picture? What color would the plant be? Did you know tomatoes can be red, yellow, orange, green, or even purple?

Mandala: We can use patterns to create art. Do you see the alternating pattern: tomato, flower, tomato, flower? Can you make your own mandala with sticks and rocks or forks and spoons?

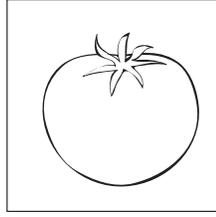
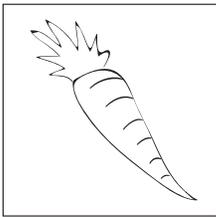
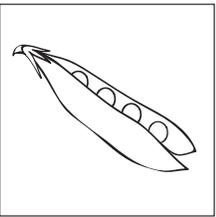
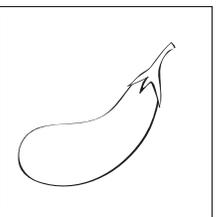
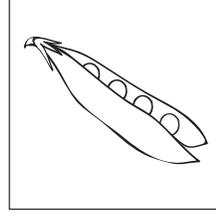
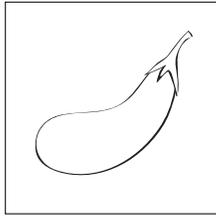
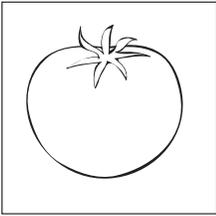
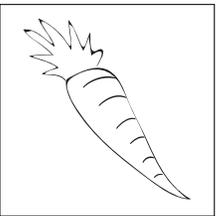
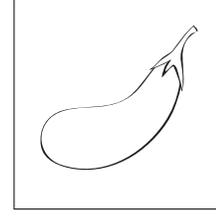
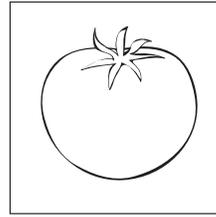
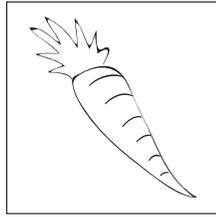
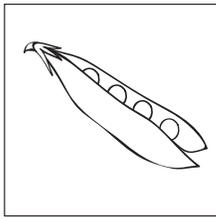
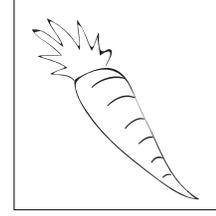
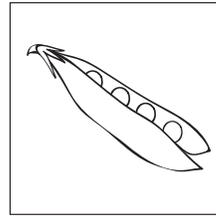
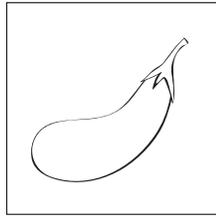
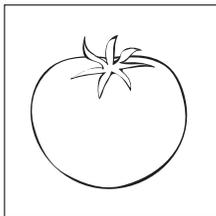
PLANTING VEGETABLES IN THE GARDEN



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.

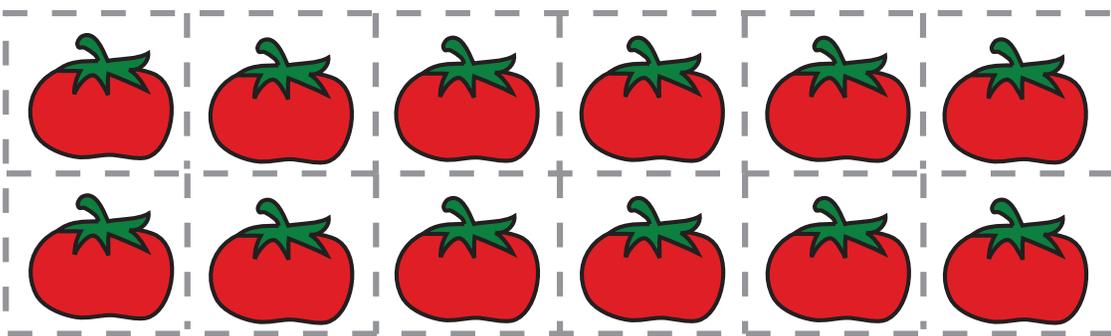
Parent Tip: Talk about how plants grow & stages of planting.
Ask the child to name more vegetables.



TOMATOES IN THE GARDEN

The gardens are missing their tomatoes! Cut out the tomatoes on the dotted lines. Paste them into the garden below to match the numbers.

Four garden boxes are arranged in a 2x2 grid. Each box is a square with a brown border. The top-left box contains one tomato and a yellow flower with the number 3. The top-right box contains two tomatoes and a yellow flower with the number 5. The bottom-left box contains four tomatoes and a yellow flower with the number 7. The bottom-right box contains two tomatoes and a yellow flower with the number 6.



TOMATO TRUE OR FALSE

	TRUE	FALSE
1. Tomatoes are related to potatoes.	<input type="checkbox"/>	<input type="checkbox"/>
2. Tomatoes are a vegetable.	<input type="checkbox"/>	<input type="checkbox"/>
3. Some ripe tomatoes are green.	<input type="checkbox"/>	<input type="checkbox"/>
4. Tomatoes originally came from Asia.	<input type="checkbox"/>	<input type="checkbox"/>
5. The early Aztecs named the small yellow-pink fruit ‘xitomatl’ (pronounced zee-toe-ma’-tel), meaning “plump thing with a navel.”	<input type="checkbox"/>	<input type="checkbox"/>
6. Tomatoes are a good source of vitamin C.	<input type="checkbox"/>	<input type="checkbox"/>
7. There are 100 varieties of tomatoes.	<input type="checkbox"/>	<input type="checkbox"/>
8. Tomatoes grow on bushes.	<input type="checkbox"/>	<input type="checkbox"/>

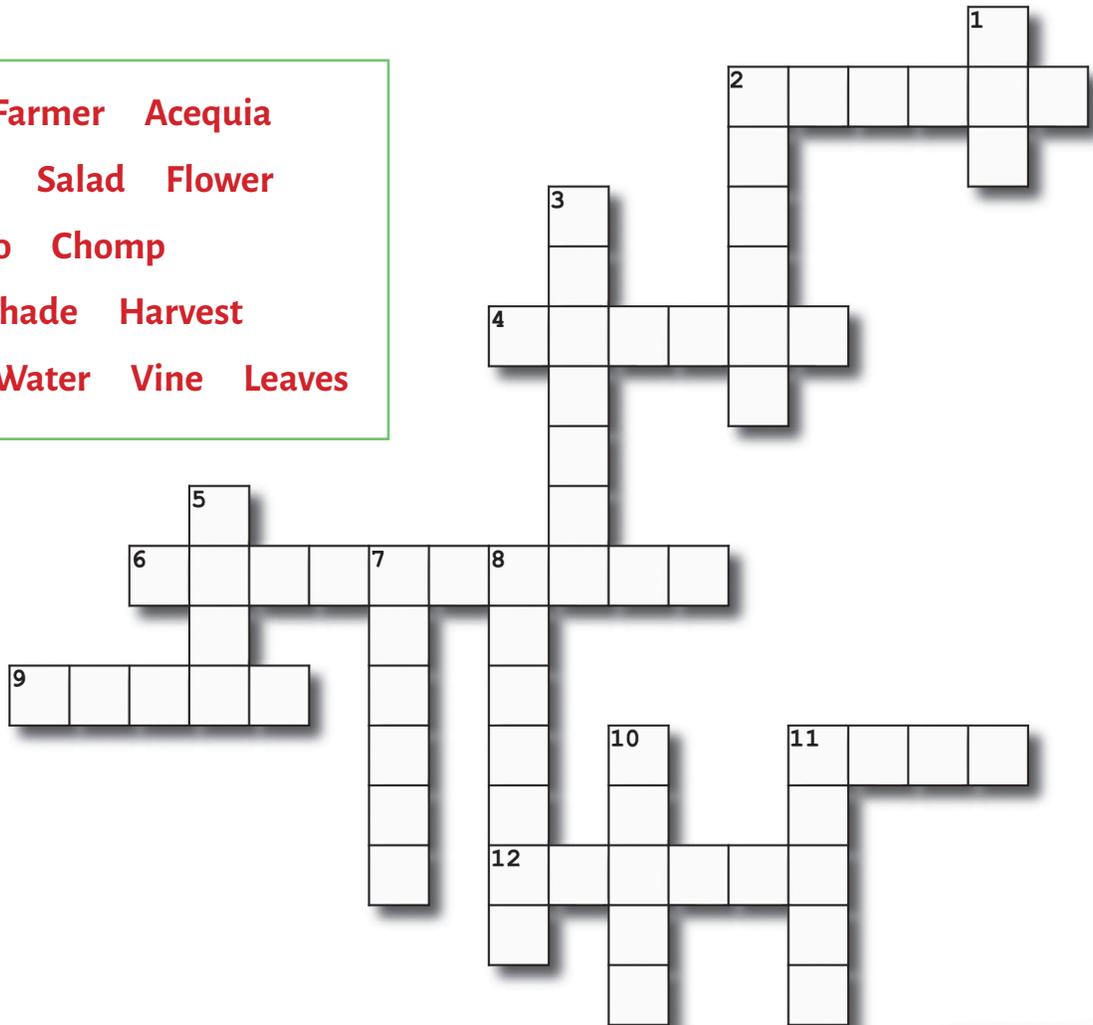
Answers

1 True—they're both in the nightshade family, along with chile, bell peppers, tomatillos, and eggplant.
2 False—they're a fruit because their seeds are inside of them.
3 True—look up green zebra tomatoes.
4 False—they were first found growing as wild plants in the Andes mountains of South America.
5 True—look at the last activity to learn more about the history of tomatoes.
6 True—they also have vitamin A, vitamin K, potassium, and lycopene.
7 False—there are thousands of varieties grown around the world!
8 False—they grow on vines that will keep growing as long as it is warm enough and they get enough daylight hours.

CHERRY TOMATO CHOMP CROSSWORD

Complete the crossword puzzle below using the words in the word bank.

Soil Farmer Acequia
 Shovel Salad Flower
 Tomato Chomp
 Nightshade Harvest
 Red Water Vine Leaves



Across

2. This person grew your tomatoes
4. The flat parts of a plant that help it harvest sunlight
6. The plant family tomatoes belong to
9. Tomato plants need this liquid
11. The stuff most plants grow in
12. A tool for digging

Down

1. The color of most tomatoes we see
2. The part of a plant that a bee pollinates
3. A communal ditch for moving water to gardens and farms in New Mexico
5. A climbing or trailing plant
7. A fruit
8. What a farmer does when he collects the food she/he has grown
10. Another word for bite or eat
11. Tomatoes go great in this dish with lettuce

TOMATO FEST! READING A PICTOGRAPH

Harvest season has begun, and the farmers are busily picking their tomatoes. The numbers of tomatoes are shown in the pictograph below. Note: each tomato in the pictograph stands for 5 tomatoes picked.

Use the information provided to answer the questions.

Day	Picked Tomato
Day 1	
Day 2	
Day 3	
Day 4	

 = 5 tomatoes

Questions

1. How many tomatoes did the farmer pick on the first day?

Answer _____

2. What day did the farmer pick the most tomatoes?

Answer _____

3. Which days did the farmers pick the same amount of tomatoes?

How many did he pick in total both of those days?

Answer _____

4. What's the difference between the number of tomatoes picked on Day 3 and Day 4?

Answer _____

5. How many tomatoes in total did he pick for this season?

Answer _____

TOMATO GEOGRAPHY

Tomatoes were first found growing as a wild plant in South America in the Andes Mountains in what are today the countries of Peru, Ecuador, Bolivia and Chile. →

#1: Using colored pencils, mark the Andes mountains on your map.

Early 1500's:

Spanish Conquistadors were first introduced to the tomato and introduced the fruit to The Philippines (Southeast Asia) The Caribbean, and Europe. →

#3: Draw a line tracing the tomatoes journey by ship from Mexico to Southeast Asia, The Caribbean, and Europe.

1692: The first known tomato recipe was published in a cookbook in Naples, Italy. At this time, eating tomatoes had caught on in France, Spain and Italy.

Today tomatoes are a popular fruit. 1.5 billion (1,500,000,000) tons are grown and sold around the world. The top producing countries are
 1. China, 2. India,
 3. The US 4. Turkey,
 5. Egypt, 6. Iran,
 7. Italy, 8. Brazil,
 9. Spain, and
 10. Uzbekistan.

700S

1500S

1700S

NOW

When tomatoes were first introduced in Europe, they were believed to be poisonous because they are related to poison plants in the nightshade family, and because some people got sick from eating off of lead plates. Even though some began eating this tasty fruit, in England people remained scared, and English Colonists in America still held onto this belief.

700 AD: Aztec Farmers in what is today Mexico cultivated the wild plant, selecting for tasty and juicy fruits. →

#2: Using colored pencils, mark Mexico on the map, and make a line following the tomato's journey to the region of Central America.

1792: Thomas Jefferson wrote about people growing tomatoes in the Colonies, so even though many were still scared of the fruit, we know that some were eating it in the United States by then.

#5: Can you find and mark all these countries on a map?

#4: Draw a line showing the journey of tomatoes from Europe back to North America.



THIS MONTH'S FOOD: TOMATOES



CHERRY TOMATO CHOMP

