

Mini Tomatoes

WHY ARE TOMATOES GOOD FOR YOU?

Tomatoes are rich in lycopene, an antioxidant that is good for the heart.

Tomatoes are packed with vitamin A, vitamin C, and potassium

Cooked tomatoes are actually better for you than raw ones, as more beneficial chemicals are released when cooked.

Tomatoes are low in calories – as few as 14 calories per 100 grams. They contain no fat and no cholesterol.

Dietary fiber is important to maintain a healthy digestive system and may also help to control high cholesterol levels in the blood. Tomatoes are a good source of fiber, especially if you eat them with the skin and seeds.

Nutritious Friend



of the
Month

Health and Learning Success Go Hand-in-Hand

The Nutritious Friends program promotes a different healthy food each month through educational materials, activity & coloring sheets, student interaction and incorporation in the monthly menu. Nutritious Friends proves healthy eating can be delicious as students take part in promotional games, learn interesting nutrition facts and sample them on our menus.

TOMATOES

DID YOU KNOW....

A tomato gains weight as it ripens - even after being picked!

If you grow your own tomatoes, wait as long as you can to pick them. A tomato's vitamin C content increases as the fruit ripens. A tomato that ripens on the vine contains nearly twice the vitamin C and beta-carotene compared to a tomato that is picked before it is ripe.

The antioxidant lycopene is a red pigment found in tomatoes. Tomatoes with the most brilliant shades of red indicate the highest amounts of lycopene and its fellow antioxidant, beta-carotene.

In the late 1800s, U.S. tariff laws imposed a duty on vegetables, but not on fruits. This meant the status of tomatoes became a matter of legal importance. The U.S. Supreme Court ruled that tomatoes were to be considered vegetables, based on the popular definition that classifies vegetables by use, where they are usually served with dinner and not as a dessert. However, the courts did not reclassify the tomato botanically - it is still a fruit.

Is a tomato a fruit or a vegetable?

Tomato is a fruit of the tomato plant, yet it is used as a vegetable in cooking.

How many pounds of tomatoes does the average American eat each year?

22 lbs. - More than half the nation's tomato consumption is in the form of ketchup and tomato sauce.

Nutritious Friend



Mini

Tomatoes



Top Ten Facts About Tomatoes

1. The tomato plant originated in South America and was domesticated by the Incas as early as 700 A.D. Back then, the tomato had many ruffles and ridges.
2. Spanish monks cultivated the tomato, although it was not widely accepted by Europeans as an edible fruit.
3. Thomas Jefferson was known to be a connoisseur of the tomato and tried to convince people it was a great fruit.
4. During the nineteenth century, the French called the tomato "The Apple of Love," the Germans "The Apple of Paradise;" but the British believed it was poisonous (it is in the nightshade family).
5. It is now the most widely grown "vegetable" (it's a fruit, you know) in the United States
6. Studies have shown that people who eat large amounts of tomatoes or tomato products may be at lower risk of some kinds of cancer.
7. Tomatoes are generally started in greenhouses, hotbeds, or cold frames; the plants are set out in the fields when danger of frost is past.
8. The first Americans to start using tomatoes in their cooking were the Creoles in South Louisiana.
9. Tomatoes used for canning are harvested by machines, but table tomatoes are still hand picked.
10. Tomatoes are a valuable source of food minerals and vitamins, particularly vitamins A and C.

Garden Fresh Tomato Soup

Ingredients

- 4 cups chopped fresh tomatoes
- 4 whole cloves
- 2 tablespoons butter
- 1 teaspoon salt
- 1 slice onion
- 2 cups chicken broth
- 2 tablespoons all-purpose flour
- 2 teaspoons white sugar, or to taste

Directions

1. In a stock pot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
2. In the now empty stock pot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Nutritional Information

Amount Per Serving Calories: 75 | Total Fat: 4.1g | Cholesterol: 10mg. Powered by ESHA Nutrient Database

TOMATOES
SEPTEMBER



ACTIVITIES

SEPTEMBER



Circle all the tomatoes and tomato products on September's menu.

How many did you find?

How many do you plan to eat this month?

What is your favorite tomato or tomato product?

TOMATOES

How many words can you make from the word "Tomatoes"?

_____	_____
_____	_____
_____	_____
_____	_____

Joke of the Month

Q: What did the papa tomato say to the baby tomato?

A: "Hurry and ketchup!"

Word Scramble

1. MATOTO _____
2. HEKTUCP _____
3. TURIF _____
4. BREFI _____
5. NAMISIVT _____

