



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Tomato



*Lakota: unžínžintka*

## **Preschool Lesson Plan**

### **Objectives**

Participants will:

- identify tomato as a fruit of a plant but a vegetable on MyPlate.
- how to select and store tomatoes.
- demonstrate the use of tomatoes in a recipe.

### **Items Needed for the Lesson**

- MyPlate poster
- Parts of a Plant visual
- Tomato visuals
- Actual tomato if possible

### **Handouts or Take Home Items**

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### **Recipe**

- Broiled Tomatoes and Cheese

### **Cooking and Food Safety Skill Sheet**

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards

### **Other Cooking and Food Safety Skills**

- Types of knives and their uses
- Kitchen terms - broil, chop and mince

### **Supplies for Tomato Lesson**

- Broiled Tomatoes and Cheese
  - » Knife
  - » Cutting board
  - » Spoon
  - » Measuring cups
  - » Measuring spoons
  - » Small bowl
  - » Broiler pan
  - » Serving utensil
  - » Timer

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• The scientific name for this produce means "wolf peach."</li> <li>• They increase in weight as they ripen, even after they are harvested.</li> <li>• The juice of this vegetable is sometimes used to remove the smell from a skunk. (Answer: Tomato.)</li> </ul>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of tomatoes.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>Is a tomato a fruit or a vegetable?</p> <p>In the plant world, a fruit contains the seeds of the plant, making tomatoes a fruit. However, tomatoes count as a vegetable on MyPlate since we eat them like other vegetables – in salads, soups, pasta sauces, and on sandwiches.</p> <p>They can be baked, broiled, roasted, stewed, grilled and stir fried. They are an important ingredient in pizza and pasta sauces. They can also be purchased at the store fresh, canned or frozen.</p>	<ul style="list-style-type: none"> <li>• Encourage discussion about tomatoes.</li> </ul>
<p>It is important to eat a variety of vegetables. Vegetables are divided into five subgroups: dark green, red and orange, beans and legumes, starchy and others. Which subgroup do you think tomatoes are in? (Answer: The red and orange subgroup.)</p>	<ul style="list-style-type: none"> <li>• Show the Vegetable Subgroups visual.</li> </ul>

What You Say:	What You Do:
<p>How many of you have planted and grown tomatoes before?</p> <p>Many tomato varieties are available as seeds and as transplants. Transplants are plants that have already been started and are not seeds that you plant.</p> <p>A single tomato plant can even be planted in a large flower pot.</p> <p>Tomato plants need to be watered thoroughly and regularly.</p> <p>Tomatoes are best when they stay on the vine to ripen. Once they are firm and red all over, they can be picked.</p> <p>In South Dakota, tomatoes are in season from July to September.</p>	<ul style="list-style-type: none"> <li>• Discuss growing tomatoes.</li> <li>• Name some varieties of tomatoes that participants have planted.</li> </ul>
<p>How do we store tomatoes?</p> <p>Ripe tomatoes should be stored at room temperature, away from sunlight, and can be stored for two to three days. Ripe tomatoes should not be refrigerated since this can cause them to lose their flavor.</p> <p>Place them in a single layer, stacking them on top of each other can cause them to get soft and mushy.</p> <p>To ripen tomatoes, place them in a paper bag, fold the top down and punch several holes in the bag. It can take one to five days for the tomatoes to ripen.</p>	<ul style="list-style-type: none"> <li>• Show the process of ripening in the paper bag.</li> </ul>
<p>To remove the seeds from a tomato, have an adult cut the tomato with a serrated knife and squeeze it gently. Another method is to use a spoon to loosen and scoop out the seeds after cutting the tomato in half.</p> <p>To peel a tomato, have an adult help drop it in boiling water for 30 seconds, then plunge it into ice water. Cut an X on the stem end and use a paring knife to easily pull the skin off.</p>	<ul style="list-style-type: none"> <li>• Show examples of serrated and paring knives.</li> </ul>

What You Say:	What You Do:
<p>Why should we eat tomatoes?</p> <p>Tomatoes are full of vitamin C, potassium, fiber and vitamin A.</p> <p>Vitamin C keeps our gums healthy and helps heal our cuts and bruises, potassium keeps our blood healthy, fiber keeps our tummies healthy, and vitamin A keeps our eyes healthy.</p>	<ul style="list-style-type: none"> <li>• Show the Tomato Nutrition Information sheet.</li> </ul>
<p>Are you ready to try out a recipe using tomatoes?</p> <p>What is the first thing we always do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>



## Use this page if you are going to prepare Broiled Tomatoes and Cheese

### Equipment List

- |   |  |   |  |
|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Knife</li> <li>• Cutting board</li> <li>• Spoon</li> </ul> | <ul style="list-style-type: none"> <li>• Measuring cups</li> <li>• Measuring spoons</li> <li>• Small bowl</li> </ul> | <ul style="list-style-type: none"> <li>• Broiler pan</li> <li>• Serving utensil</li> <li>• Timer</li> </ul> | <ul style="list-style-type: none"> <li>• Oven</li> </ul> |
|---|--|---|--|

What You Say:	What You Do:
<p>Today we are going to make broiled tomatoes and cheese.</p> <p>Before we begin any food preparation, what do we need to do? (Answer: Wash our hands.)</p> <p>We also want to wash the produce that we will be using in our recipe before we do any cutting or chopping. How do we wash the tomatoes that we are going to use today? (Answer: Wash them under cool, running water.)</p>	<ul style="list-style-type: none"> <li>Refer to Handwashing skill sheet.</li> <li>Refer to the Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>Let's read through the recipe together.</p> <p>What are the two main food groups from MyPlate that we will be using in this recipe? (Answer: Tomatoes from the vegetable group and cottage cheese from the dairy group.)</p>	<ul style="list-style-type: none"> <li>Read through the recipe.</li> <li>Point to each food groups on MyPlate.</li> </ul>
<p>We will be using a knife and cutting board to prepare the tomatoes for the recipe. What are some things we want to remember when using these pieces of kitchen equipment?</p>	<ul style="list-style-type: none"> <li>Refer to Knife Safety and Cutting Boards skill sheet.</li> </ul>
<p>We will also be broiling the tomatoes and cheese. What does the cooking term "broil" mean? (Answer: To cook on a grill or pan under strong direct heat.)</p> <p>How many of you have used the broiler in your oven before? The heat comes from the top and in this case helps to warm the cottage cheese mixture on top of the tomatoes.</p>	<ul style="list-style-type: none"> <li>Allow participants to define "broil."</li> </ul>

## Visuals



**Young tomato plant growing in a pot**



**Cherry tomatoes growing on the vine**



**Tomatoes come in a variety of colors and sizes**



**A sliced tomato – look at the seeds**



**Picking a tomato off the vine**

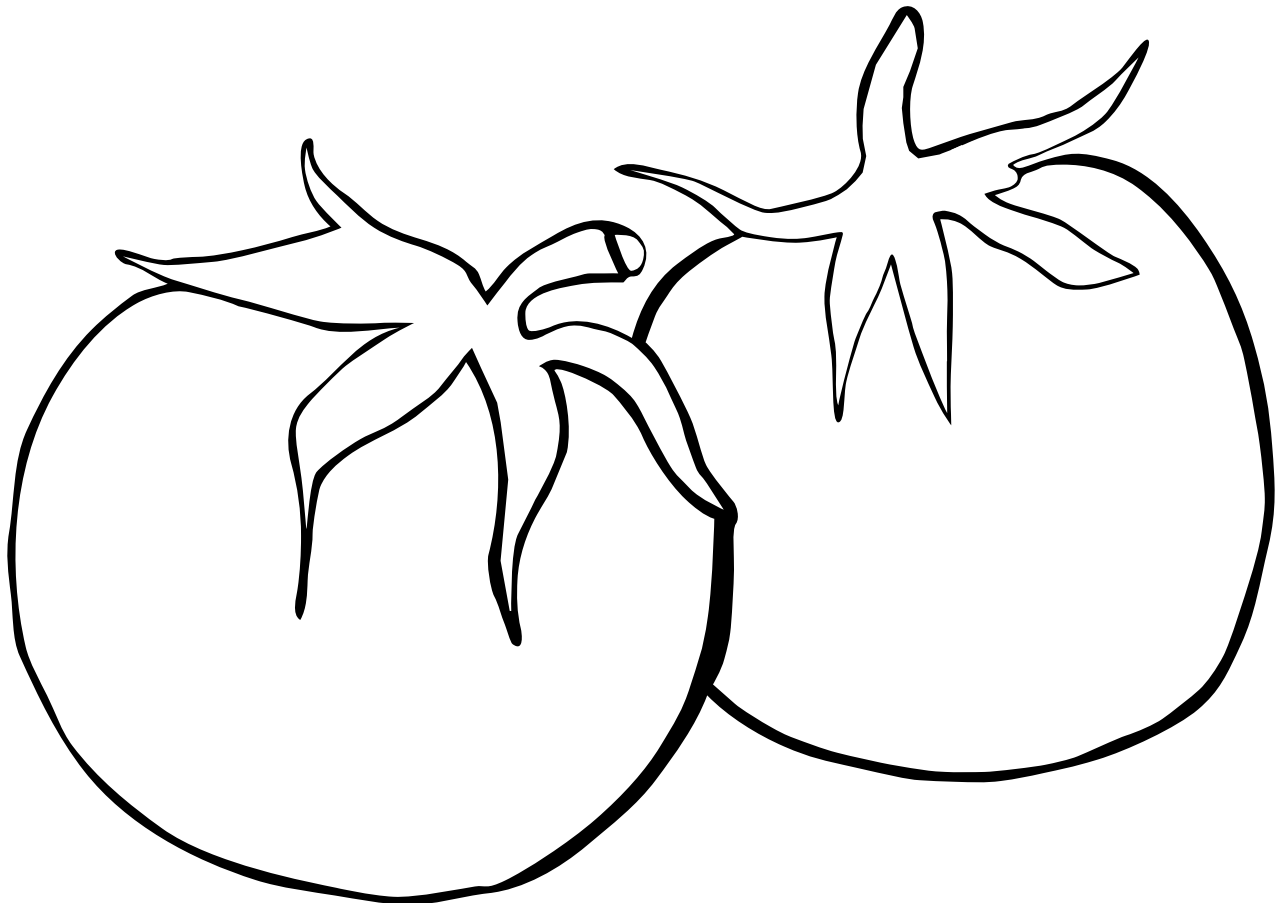
## Tomato Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Tomato, red, 1 med.</b>	123	22	1.5	25%	16	292	18
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# TOMATO



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

# Tomato Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese)

## Information

- [extension.illinois.edu/gardening](https://extension.illinois.edu/gardening)
- [fruitsandveggies.org/fruits-and-veggies/tomato/](https://fruitsandveggies.org/fruits-and-veggies/tomato/)
- [myplate.gov/](https://myplate.gov/)
- [store.extension.iastate.edu/product/Tomatoes](https://store.extension.iastate.edu/product/Tomatoes)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

S-0001-40





SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Tomato



*Lakota: unžínžintka*

## Pick it!

Tomatoes come in a variety of shapes, sizes and colors; red, pink, orange, yellow, green or purple.

Red is the most common color when fully ripe.

Choose tomatoes with a smooth, slightly soft and bruise free skin.

Store at room temperature, 2-3 days, away from sunlight.

Ripen tomatoes in a closed paper bag for 1-5 days; punch several holes in bag.

Flavor worsens in fridge.

Refrigerate only extra-ripe tomatoes to keep from further ripening.



## Try it!

Eat raw; add to salads and sandwiches.

Cook by baking, stewing, grilling or stir-frying.

Serve in soups, salsas, and pasta dishes such as spaghetti and pizza.

Cut with a serrated or sharp knife.

Prevent loss of juice by cutting from stem to blossom end.



## Types of Tomatoes

**Plum:** Small egg-shaped, less juice, best for sauces and cooked foods

**Cherry:** Round and bite-sized, many seeds and juice, good in salads

**Slicing:** Biggest tomatoes, slices hold together, cook down for sauce



## Did you know...

Lycopene in tomatoes gives tomatoes their rich red color. It reduces risk of prostate cancer. Eating tomatoes with small amount fat increases absorption.



**Like it!**

## Fresh Garden Salsa

### Ingredients

- 2 large red slicing tomatoes; cored and chopped
- 1 small white onion; chopped
- 1 green onion; top included and chopped
- 1-3 jalapeno peppers; finely chopped
- ¼ cup cilantro leaves; minced
- Juice of 1 lime
- 1 teaspoon salt

### Directions

1. Using a serrated knife, chop tomatoes. If using plum tomatoes, add 2 Tablespoons water.
2. In a medium bowl, toss together the tomatoes, onions, peppers and cilantro.
3. Squeeze lime juice over the mixture and sprinkle on the salt.
4. Allow to rest 30 minutes before serving, to allow salt to draw juice from the tomatoes.
5. Stir again just before serving.

Yields 2 cups

Nutrition Facts per Serving:  
Calories 30; Fat 0g; Cholesterol 0mg; Sodium 640 mg;  
Carbohydrates 7g; Fiber 2g; Sugar 4g; Protein 1g

## Broiled Tomatoes with Cheese

### Ingredients

- 3 tomatoes; large and firm
- 8 ounces low-fat cottage cheese
- ½ teaspoon dried basil
- ⅛ teaspoon black pepper
- ¼ cup plain breadcrumbs
- Cooking spray or vegetable oil

### Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle breadcrumbs and spray with cooking spray.
5. Spray boiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Yields 3 servings

Nutrition Facts per Serving:  
Total Calories 135; Total Fat 3 g, Saturated Fat 1g;  
Cholesterol 8mg; Sodium 324 mg; Carbohydrates 17g,  
Dietary Fiber 3g, Total Sugars 8g, Added Sugars included  
1g; Protein 12g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese)

*Lakota word translated by Jeshua Estes.*

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

S-0001-40

© 2024, South Dakota Board of Regents