



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer



Tomato

Lakota: unžínžintka

Lesson Plan

Objectives

Participants will:

- identify tomato as the fruit of a plant and a vegetable from MyPlate.
- identify how to select and store tomatoes.
- verbalize key nutrients in tomatoes.
- demonstrate the use of tomatoes in a healthy recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Tomato Nutrition Information
- Regional chart of in-season fruits and vegetables
- Visuals of different types of tomatoes and their characteristics
- Brown paper bag

Handouts or Take Home Items

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

Recipe Choices

- Fresh Garden Salsa
- 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

- Fresh Garden Salsa
 - » Serrated knife
 - » Chef's knife/utility knife
 - » Cutting board
 - » Measuring cups
 - » Measuring spoons
 - » Gloves (optional)
 - » Juicer
 - » Mixing bowl
 - » Stirring spoon
- 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"> • The scientific name for this produce means "wolf peach". • They increase in weight as they ripen, even after harvesting. • The average American eats around 24 pounds of these each year. • The juice of this vegetable is sometimes used to remove the smell released by a skunk. <p>(Answer: Tomato.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of tomatoes.
<p>Is a tomato a fruit or a vegetable?</p> <p>In plant biology, a fruit is said to contain the seeds of a plant. So, a tomato is botanically a fruit. But tomatoes count toward our vegetable servings on MyPlate because we eat tomatoes in similar ways as 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 may be fresh, canned or frozen.</p>	<ul style="list-style-type: none"> • Encourage discussion about tomatoes. • Point to the MyPlate poster.
<p>According to MyPlate, we should be filling half of our plate with fruits and vegetables. Depending on age and gender, 1-4 cups of vegetables are recommended daily.</p> <p>A ½ cup of chopped tomato counts as ½ cup in the MyPlate vegetable group.</p>	<ul style="list-style-type: none"> • Refer to the Daily Recommendations visual. • Show a ½ cup measure.
<p>It is important to eat a variety of vegetables. Vegetables are divided into 5 subgroups: dark green, red/orange, starchy, beans and peas, and other. Which subgroup do you think tomatoes are in?</p> <p>(Answer: Red and orange subgroup.)</p>	<ul style="list-style-type: none"> • Show the Vegetable Subgroups visual.

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.</p> <p>A single tomato plant can even be planted in a large flowerpot.</p> <p>Tomato plants need to be watered thoroughly and regularly.</p> <p>Tomatoes are best when ripened on the vine. They are ready to be picked when they are firm and fully colored.</p> <p>Tomatoes are in season in our region from July to September.</p>	<ul style="list-style-type: none"> • Discuss growing tomatoes. • Name some varieties of tomatoes that participants have planted.
<p>There are 3 main categories of tomatoes – slicing round tomatoes, plum tomatoes and small cherry tomatoes.</p> <p>Slicing tomatoes are large and round. They have more juice and seeds. They are great for eating raw.</p> <p>Plum tomatoes are egg-shaped. They are meaty and are best for sauces and canning.</p> <p>Cherry tomatoes have many seeds and lots of juice. They are usually served whole.</p>	<ul style="list-style-type: none"> • Show visuals of the 3 main categories of tomatoes or if possible, have samples of real tomatoes.
<p>How do we store tomatoes?</p> <p>Ripe tomatoes should be stored at room temperature, away from sunlight and can be stored for 2-3 days. Ripe tomatoes should not be refrigerated since this causes them to lose flavor.</p> <p>Place them in a single layer as stacking them on top of one another may 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 may take 1-5 days for the tomatoes to ripen.</p>	<ul style="list-style-type: none"> • Wait for possible answers to the question. • Show this process using a paper bag.



= for adults or older youth

What You Say:	What You Do:
<p>To remove the seeds from a tomato, 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, 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"> • Show examples of serrated and paring knives.
<p>To freeze tomatoes, wash them under cool running water, remove the stems and cut out the core. Pack them in freezer bags and seal. They may be frozen whole or cut into fourths. Frozen tomatoes will keep their flavor but will become mushy upon thawing. They are best used in soups or sauces.</p>	<ul style="list-style-type: none"> • If time allows, demonstrate removing the seeds from a tomato or the peeling process.
<p>Why should we eat tomatoes?</p> <p>Tomatoes are a low-calorie food packed with Vitamin C, potassium, fiber and Vitamin A.</p> <p>Tomatoes also contain lycopene, which gives them their bright red color. Lycopene is an antioxidant that may help to reduce the risk of cancer, especially prostate cancer.</p>	<ul style="list-style-type: none"> • Show the Tomato Nutrition Information sheet.
<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 hands.)</p>	<ul style="list-style-type: none"> • Go over Handwashing skill sheet.



= for adults or older youth

Use this page if you are going to prepare the Fresh Garden Salsa

Equipment List

- Serrated knife
- Chef's knife/utility knife
- Cutting board
- Measuring cups
- Measuring spoons
- Gloves (optional)
- Juicer (optional)
- Mixing bowl
- Stirring spoon

What You Say:	What You Do:
Today we are going to make Fresh Garden Salsa.	<ul style="list-style-type: none"> • Pass out the recipe.
<p>We will be using a serrated knife to chop the tomatoes.</p> <p>We will also be chopping a small white onion, a green onion and some jalapeño peppers. We will mince the cilantro leaves with a knife also.</p>	<ul style="list-style-type: none"> • Review the kinds of knives and their uses. • Define the terms "chop" and "mince". • Review Knife Safety and Cutting Boards skill sheet.
Jalapeños (and other hot peppers) contain an oil called capsaicin. Capsaicin is found in the flesh and the seeds of the pepper and can cause a burning sensation on your skin. Be sure to avoid touching your eyes after cutting jalapenos. If you have small cuts on your hands be sure to wear gloves to avoid the burning sensation the jalapeno oil can cause.	
<p>The recipe says to add 2 Tablespoons of water if using plum tomatoes. What would be the reason for this?</p> <p>(Answer: Plum tomatoes are meaty tomatoes. They are not as juicy as a slicing tomato.)</p>	<ul style="list-style-type: none"> • Review the 3 main categories of tomatoes and their characteristics.
<p>Let's look at the recipe and see how many calories there are in a serving of the Fresh Garden Salsa.</p> <p>This is a low-calorie, no-fat recipe.</p> <p>What would we serve with the salsa to keep it a low calorie, low-fat snack?</p> <p>(Possible answers: Carrots or celery, baked chips, as a dressing on a salad.)</p>	<ul style="list-style-type: none"> • Refer to the Nutrition Facts for the Fresh Garden Salsa. • Discuss ideas about what to eat with salsa. • Make salsa.

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

Equipment List

- Knife
- Cutting board
- Spoon
- Measuring cups
- Measuring spoons
- Small bowl
- Broiler pan
- Serving utensil
- Timer
- Oven

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?</p>	<ul style="list-style-type: none"> • Pass out the recipe. • Refer to Handwashing skill sheet. • Refer to the Washing Fruits and Vegetables skill sheet.
<p>Let's read through the recipe together.</p> <p>What are the two main foods groups from MyPlate that we will be using in this recipe? (Answer: Tomatoes from the vegetable group, cottage cheese from the dairy group.)</p>	<ul style="list-style-type: none"> • Read the recipe aloud. • Point to each group on MyPlate as participants answer.
<p>As we talked about earlier, when we look at MyPlate, half of our plate is fruit and vegetables. We should be eating between 1-4 cups of vegetables per day, depending on our age and gender.</p>	<ul style="list-style-type: none"> • Refer to the Daily Recommendations visual.
<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"> • Refer to Knife Safety and Cutting Boards skill sheet.
<p>We will also be broiling the tomatoes and cheese. What does the 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"> • Allow participants to define "broil".

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)
Tomato, red, 1 med.	123	22	1.5	25%	16	292	18
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	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)

Tomato Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broiled-tomatoes-and-cheese

Information

- extension.illinois.edu/gardening
- fruitsandveggies.org/fruits-and-veggies/tomato/
- myplate.gov/
- store.extension.iastate.edu/product/Tomatoes

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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

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
extension.sdstate.edu**

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