



VITAMIN BEE 4

NUTRITION EDUCATION PROGRAM TOMATO ANSWER KEY GRADE 4

Answer Key

1. 20
2. UV
3. lycopene
4. Arkansas
5. fruit
6. antioxidants
7. true
8. true
9. 1600s

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1. Tomatoes are a fruit.
2. Tomatoes come in every color of the rainbow, like red, green, yellow, orange, and purple, except blue.
3. Tomatoes can be eaten fresh (uncooked) or cooked.
4. Salsa contain tomatoes.
5. Spaghetti contains tomatoes.
6. .You can add tomatoes to cottage cheese for a healthy snack.
7. Tomatoes are very versatile and can be eaten in several different ways—cooked in soups, turned in a sauce, eaten fresh in salads and sandwiches, and mixed in with many other ingredients from other food groups.

Other interesting facts:

- It is believed the first “wild” tomatoes originated from Central and South America, perhaps around present-day Peru, Ecuador and Chile.
- Aztecs and Incas first cultivated tomatoes around 700 AD.
- Tomatoes arrived in Europe around the 1600’s and eventually came to the United States.
- Europeans first grew tomatoes as a decoration, and not to eat. They were afraid the tomatoes would be poisonous because they are a part of a family of plants called “Nightshade” where everything except for the fruit are poisonous.
- The tomato is the state vegetable of New Jersey and Arkansas. In Arkansas, the tomato is both the state vegetable and the state fruit.
- The tomato is considered to be a fruit by botanists because it contains seeds. Like cucumbers, squash, beans, and peas. It is also considered to be a vegetable.
- The USDA reports that people consume close to 20 pounds of fresh tomatoes every year.
- More than half of the United States consumes processed tomatoes in the form of tomato sauce and ketchup. The average person consumes 22 pounds of tomatoes per year.
- Red tomatoes contain high levels of Lycopene, which is a powerful antioxidant that can help keep us healthy by preventing cancer and heart disease.
- Eating tomatoes has been to shown to act like a sunscreen from the inside of our body and protect us from the cell damage of UV rays.
- Studies have shown that eating tomatoes and broccoli together make their antioxidant power even stronger.
- To get the full benefits of lycopene from the tomato, it is best to cook it with a little heat to release the lycopene and add a little bit of oil.

recipes

EASY

- Slice up and eat plain or sprinkled with salt
- Dice tomato & onion, toss with lime juice, minced garlic and chopped cilantro for an easy salsa
- Slice and put on whole wheat toast with avocado for a healthy breakfast
- Add to cold pasta, olive oil and basil
- Add to sandwiches, soups, and salads

**Caprese Salad**

Combine slices of tomato and slices of low fat mozzarella cheese. Top with chopped basil and sprinkle with olive oil. Add salt & pepper to taste.

Enjoy!

WHAT DO YOU REMEMBER?

TOMATO



4

quiz

Directions: Fill in the blank with the correct answer. Use your knowledge about tomatoes!

WORD BANK

antioxidants	20	New Jersey
UV	Arkansas	geologist
botanist	geologist	South America
	lycopene	22
		California

1. The average American eats about _____ pounds of fresh tomatoes each year.
2. When you eat tomatoes, you help protect your cells from _____ damage from the sun.
3. Both tomatoes and broccoli have _____, which makes you stronger.
4. Tomatoes are considered both the state fruit and vegetable of _____.
5. Botanists consider tomatoes to be a _____ because of the seeds.
6. Tomatoes contain _____, which helps fight cancer and heart disease.

Directions: Circle the correct answer.

7. Tomatoes are a fruit that was originally grown as a decoration. (True, False)
8. Tomatoes come in every color of the rainbow, including blue. (True, False)
9. Europeans arrived in Europe around the (100s, 1600s).

