



VITAMIN
BEE™

5

NUTRITION EDUCATION PROGRAM
TOMATO ANSWER KEY
GRADE 5

Answer Key

1. red, green, yellow, orange or purple
2. blue
3. tomato sauce, ketchup
4. UV
5. decoration, nightshade

6. New Jersey, Arkansas
7. fruit
8. 20
9. lycopene
10. broccoli

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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



5

Directions: Fill in the blanks. Use your

WORD BANK

spinach	20	40	protein	lycopene
morning shade	broccoli	red	green	blue
black	night shade	yellow	white	purple
orange	Arkansas	Oklahoma	New Mexico	New Jersey
mustard	onions	tomato sauce	vegetable	fruit
	ketchup	moon's	sun's	present

1. Tomatoes come in many colors like _____, _____, _____, and _____.
2. Tomatoes come in every color of the rainbow, except _____.
3. More than half of the US consumes processed tomatoes in the form of _____ and _____.
4. Eating tomatoes has been shown to act like a sunscreen from the inside of our body and protects our cells from the damaging effects of the _____ rays.
5. Europeans first grew tomatoes as a _____, and not to eat. They were afraid the tomatoes would be poisonous because they are a part of the family of plants called " _____ " where everything except for the fruit are poisonous.
6. The tomato is the state vegetable of _____. It is also both the state vegetable and state flower of _____.
7. The tomato, along with cucumbers, squash, beans, and peas, are considered to be _____ by botanists because they contain seeds.
8. The USDA reports that each of us consumes close to _____ pounds of fresh tomatoes every year.
9. Red tomatoes contain high levels of _____, which is a powerful antioxidant that can help keep us healthy by preventing cancer and heart disease.
10. Studies have shown that eating tomatoes and _____ together make their antioxidant power even stronger.

Did you know? Plants can't run away from predators, so they must have other ways of protecting themselves from animals or humans. Just like animals, some plants use defenses such as thorns, spines and burs, but by far the most common type of protection is poison.

Directions: If you were a plant, draw or write out what kinds of defences you would use to stay alive and drive off invaders.

Tip: Plants can be invaders too.

