

# VEGETABLE of the MONTH

## Cooking for Kids

### **Tomato Mozzarella Kabobs** Serves 4, Prep: 10 minutes

*Try this easy and kid-friendly recipe for a quick and tasty family snack!*

#### **Ingredients:**

- 8 Toothpicks
- 2 sticks mozzarella String Cheese
- 8 Cherry tomatoes, rinsed
- 8 Cucumber Slices, rinsed

#### **Directions:**

1. Cut each cheese stick into 4 pieces.
2. On each toothpick stick 1 slice of cucumber, 1 piece of cheese, and 1 cherry tomato.
3. Enjoy 2 tasty kabobs as a nutritious and yummy snack!

*Recipe by Heidi P Rodriguez & Megan de Vries, 2013.*

## Books

### **Grades K-2**

I Will Never Not Ever Eat a Tomato by Lauren Child

Tomatoes Grow on Vines by Anne Rooney

### **Grades 2-5**

From Seed to Plant by Gail Gibbons

September 2015

# The Incredible Edible Tomato



<http://www.hgtv.com/landscaping/selecting-tomato-plants-for-your-garden/pictures/index.html>

## Just the Facts

→ Tomatoes originated in South America. They were harvested as early as 700 A.D. by the Aztecs and Incas.

→ You can ripen tomatoes by putting them in a paper bag with another ripe tomato.

→ Cold temperatures stop tomatoes from ripening and lessen their flavor. They should be stored at room temperature, not in the fridge.

→ Tomatoes are good sources of Vitamin A, Vitamin C, and fiber.

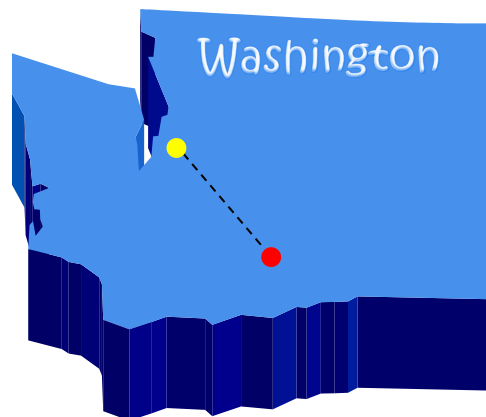
→ Tomatoes are the world's most widely grown vegetable.

→ Tomatoes are cousins of the eggplant, red pepper, and potato.

## Did You Know?

This month on the school menu you can enjoy TOMATOES in:

- The garden spot
- Lasagna
- Mama Mia's Spaghetti
- Salsa with tacos



← Many of the tomatoes we use at school are from local sources. The red dot on the map shows where we get our fresh tomatoes (Eastern Washington). The yellow dot shows where we live!

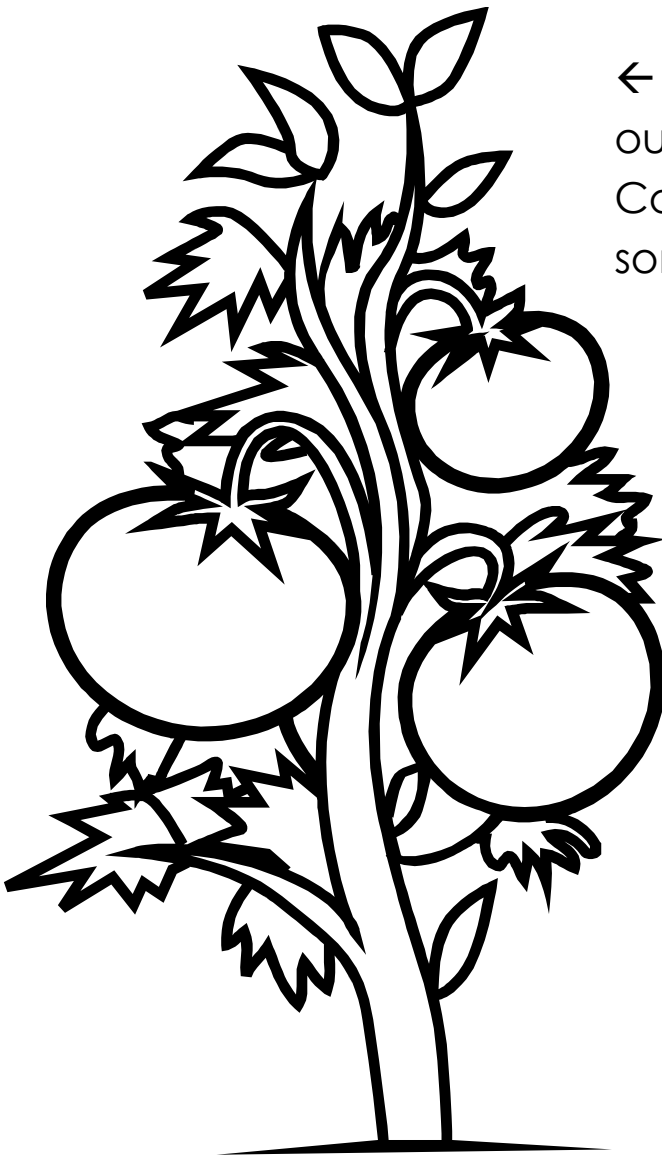
**For more information, see:**

- <http://www.thetomatozone.co.uk/>
- <http://didyouknow.org/tomatoes/>



Created by: The EPS Food & Nutrition Department

# Activity: Tomatoes



← Tomatoes grow on vines. They start out green and then turn red.

Color some of the tomatoes **green** and some **red**.

S	M	X	S	O	J	E	K	C	L
E	P	H	N	U	J	E	M	A	A
C	N	A	I	C	T	D	S	S	Z
U	V	C	G	C	U	A	O	O	Z
A	E	S	H	H	G	A	P	U	I
S	O	U	A	N	E	G	J	P	P
U	P	S	A	L	Y	T	Z	X	L
S	D	K	F	S	A	N	T	H	Z
O	S	T	V	Q	W	D	L	I	Q
W	N	S	D	P	W	G	D	Y	Y

↑ Tomatoes are **red** because they have lycopene (LY-koh-peen). Lycopene is an antioxidant. It helps protect our bodies from diseases.

## Word Search!

Tomatoes are used in many of your favorite foods. Find the foods that are made with tomatoes in the word puzzle above.

*Hint: Words go forward, backward, and diagonal!*

Word Bank:

**PIZZA**

**JUICE**

**SALAD**

**SOUP**

**SAUCE**

**KETCHUP**

**SPAGHETTI**

**LASAGNA**