



Grades 1-3

Lesson Plan 1: Language Arts – Story and Activity

Goal:

To provide opportunities for verbal and written expression.

Materials:

Book

I like to eat page

Activity:

Read a story to the class such as **I Will Never Not Ever Eat a Tomato**
by Lauren Child.

After the story have the students reflect on their favorite way to eat tomatoes by completing the sentence, I like to eat tomatoes in...and drawing a picture of their favorite tomato dish.



Grades 1-3

Lesson Plan 1: I Like To Eat Tomatoes

Name: _____

I like to eat tomatoes in _____

Directions:

Use the space below to draw a picture of their favorite tomato dish.



Grades 1-3

Lesson Plan 1: Social Studies – Where Are the Tomatoes in Your Community?

Goal:

To provide opportunities for students to learn about their community and gain an understanding of where they can find fresh Florida Tomatoes.

Materials:

“Where Are the Tomatoes in Your Community?” worksheet
Colorful writing utensils

Activity:

After discussing places in their town or near their home, where the students might find fresh-from-the-field tomatoes, provide each student with the “Where Are the Tomatoes in Your Community?” worksheet.

Activity Extension:

If students are ready for a challenge, provide them with the “You Say Tomato” worksheet found in the curriculum for grades 4-6.

Directions:

Use the space below to draw a picture of a place or places in your town where you can find fresh, field-grown Florida Tomatoes.



Grades 1-3

Lesson Plan 1: Social Studies – Where Are the Tomatoes in Your Community Worksheet

Directions:

Use the space below to draw a picture of a place or places in your town where you can find fresh, field-grown Florida Tomatoes.

A large, empty rectangular box with a thin green border, intended for students to draw a picture of a place in their town where they can find fresh, field-grown Florida Tomatoes.



Grades 1-3

Lesson Plan 1: Science and the Senses

Goal:

To further the understanding of the five senses by studying a fresh Florida Tomato.

Materials:

At least one ripe tomato. This will vary with the size and need of your class.

Activity:

Each student will have an opportunity to see, feel, taste, smell, and listen to the tomato.

After careful observation, fill out the information below:

My tomato looks _____

My tomato feels _____

My tomato sounds _____

My tomato smells _____

My tomato tastes _____

For further study:

Provide tomatoes that are in different stages of the ripening process. For example: one that is not yet ripe and one that is riper than the one used for the initial study.

Have the students use their senses to describe each tomato. Compare the results.



Grades 1-3

Tomato Knowledge Chart

Goal:

To provide a visual and interactive method for students to track their tomato study journey.

Materials:

Large Poster Board

Directions:

Create a chart with students to demonstrate the path of learning during their tomato projects.

Sample Chart:

Our Tomato Journey

What We Know	What We Want to Know	What We Have Learned



Grades 1-3

Lesson 1: Math: Tomato Counting

Goal:






To provide students with an opportunity to apply one to one counting and analytical skills.

Directions:

Count the tomatoes on each line and write the number of tomatoes in the space provided.

Circle the line that has the most tomatoes.

Put an X on the line with the fewest tomatoes.

1		
2		
3		
4		
5		



Grades 1-3

Lesson 1: Math: Tomato Pictograph

Goal:

To provide students with an opportunity to read and interpret graphs.

Directions

Use the pictograph to answer questions regarding how many tomatoes were picked each day.

For an additional challenge, change the value of the tomatoes picked and answer the questions based on the new values.

For example:










Grades 1-3

It's harvest time! The Tomato Growers are busy picking their tomatoes. The number of tomatoes they have picked is shown in the pictograph below. Each tomato represents 1 tomato picked. Use this information to answer the questions below.

Key:  = 1

Day	Tomatoes Picked	Total  =1
1		
2		
3		
4		

Questions:

How many tomatoes were picked in row 1? _____

Which row has the fewest tomatoes? _____

My tomato sounds _____








Grades 1-3

Additional Challenges:

What if each tomato the tomato grower harvested stood for two tomatoes?

Use this information to determine how many tomatoes were picked and to answer the questions below.

Day	Tomatoes Picked	Total  =2
1		
2		
3		
4		

Questions:

How many tomatoes were picked in row 1? _____

Which row has the fewest tomatoes? _____






Which row has the most tomatoes? _____



Grades 1-3

What if each tomato the tomato grower harvested stood for five tomatoes?

Use this information to determine how many tomatoes were picked and to answer the questions below.

Day	Tomatoes Picked	Total  =5
1		
2		
3		
4		

Questions:

How many tomatoes were picked in row 1? _____

Which row has the fewest tomatoes? _____

Which row has the most tomatoes? _____



Grades 1-3

Lesson Plan 1: Health – Nutrition Label Detective

Goal:

To provide opportunities for students to learn about the nutritional value in a tomato.

To provide students with opportunities to read a food label.

Materials:

Activity sheet

(additional food labels for comparisons.)

Activity:

Read the label provided and answer the follow up questions.

For an additional challenge have the children read other food labels and choose the one that would make the healthier snack.



Grades 1-3



Hello Detective! Terra needs your help. She wants to know what makes a Florida tomato good for you. The information is all in the nutrition label. Find each item in Terra's list below and circle them.

Nutrition Facts

Serving Size:

1 medium tomato (148g)

Calories: 35

Calories from fat: 0

	% Daily Value*
Total fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 20%	
Vitamin C 40%	
Calcium 2%	
Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

Serving Size

Total Fat

Sugars

Vitamin A

Vitamin C

Calcium

Iron

Calories