



Grades 4-6

Lesson Plan 1: Language Arts – Group Tomato Story

Goal:

To provide the students with an opportunity to work as a team and engage in creative expression.

Activity:

Read History of the Tomato located in the Social Studies section of the curriculum packet.

Students are divided into small groups.

Teacher provides the class with the opening and closing sentences of their tomato tale.

For example:

Opening sentence:

Once upon a time there lived a farmer.

Closing sentence:

As the sun set, everyone at the table took a bite of the most delicious home made tomato sauce ever created in Grandma's kitchen.

Each group must come up with their own filler for the story. It may help to designate one person to write the group's story as they create it and one person as the reader.

Activity extension:

As students become comfortable with the style of this activity, many variations can be added.

It can become an improv game. Groups will be challenged to change their story based on what the previous group has said.

Instead of groups, have each student contribute a sentence to the story once the starting phrase has been provided.



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Lesson Plan 1: Social Studies – “You Say Tomato”

Goal:

To provide students with a community and global view of the tomato.

Materials:

“Where Are the Tomatoes in Your Neighborhood?” worksheet

“You Say Tomato” worksheet

Directions:

1. Discuss places in the neighborhood where students can find fresh, field-grown Florida tomatoes. Follow up discussion with “Where Are the Tomatoes in Your Neighborhood?” worksheet.
2. Discuss with students that there can be many ways to say a word. For example, in the United States we say “tomato” or “tomahto”. What is the word for tomato in other languages?

Complete the “You Say Tomato” worksheet by pairing the language with the corresponding word for tomato.

Activity Extension:

If students are ready for a challenge, ask them to draw a picture of a tomato-based meal or snack that might be found in one of the countries where the languages discussed are spoken.

Teacher’s Note:

English: Tomato

Italian: Pomodoro

French: Pomme d’Amour

Spanish: Tomate



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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.



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Lesson Plan 1: Social Studies – “You Say Tomato” Worksheet

Draw a line to connect the word for tomato with its appropriate language.

Pomme d'Amour

English

Tomato

Spanish

Tomate

Italian

Pomodoro

French



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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



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Lesson 1: Science: Tomato Ripening Process

Goal:

To document the ripening process of a tomato using scientific methods.

Materials:

2 firm pink tomatoes similar in size, look and weight.

1 small paper bag

Documentation page for each student

Directions:

Establish one tomato as A and one as B.

Students will observe each tomato and document what they see, feel, smell, etc.

Tomato A should be placed on a clean surface away from direct sunlight or heat source.

Tomato B should be placed in a paper bag (closed) and set next to Tomato A.

Both tomatoes should be stem up to avoid bruising.

*The teacher should determine how many times per week the tomatoes will be observed. And how far into the ripening process you wish to take the tomatoes.

You may wish to take them to the point of rotting or stop them at the point of eating to provide students with a tasting opportunity.

Additional Information for the Teacher:

Tomatoes produce a natural gas called ethylene as they ripen. It is a product of the ripening process but also serves as a ripening agent.

Suggested Language Arts Activity Tie-in:

Create a K-W-L chart to document your experiment. (Sample chart provided)



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Lesson 1: Math: Mean, Median, Mode

Goal:

To provide students with an opportunity to master the concepts of mean, median, and mode.

Directions:







Provide students with activity sheet. Guide them as needed to answer the questions provided.

For additional challenge, change the value of the tomato, or add additional days to the chart.



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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 5 tomatoes picked. Use this information to find the mean, median, and mode.

Day	Tomatoes Picked	 = 5
1		
2		
3		
4		
5		

*Reminder:

Mean is another word for the average.

Median is the middle number in a group of numbers.

Mode is the number that appears most often.

Questions:

How many total tomatoes were picked over the 5 days? _____

2. What is the mean? _____

3. What is the median? _____

4. What is the mode? _____



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Lesson 1: Health: Nutrition Label Detective

Goal:

To provide students with an opportunity to become familiar with nutrition labels.

To provide students with information in a fun manner that can guide them in making healthier food choices.

Materials:

Activity Sheet

Fresh Florida Tomato (visual aid and taste test.)

Additional food label of standard snack items. (provided by the teacher or brought in by the students.)

Directions:

Take a moment to talk with the students about the healthy attributes of a tomato.

*Refer to information in Tomato Fun Facts.

Complete the activity sheet.

Additional Activity:

Create a Florida Tomato healthy snack made with the students or have one on hand from the recipes at floridatomatoes.org.



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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. Once you have discovered each item, compare them with the labels of other foods and answer the questions below.

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 may be higher or lower depending on your calorie needs.

Serving Size

Total Fat

Sugars

Vitamin A

Vitamin C

Calcium

Iron

Calories

Which would make a healthier snack? _____

Can you think of a healthy snack that you could make with tomatoes? _____