



Preschool - Kindergarten

Lesson Plan 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		



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Lesson Plan 1: Science – Sink or Float

Goal:

To provide students with an opportunity to use prediction (guessing) skills.

Materials:

Large basin

Water

One Florida Tomato

Several other objects of choice.

Recommend a total of 10; 5 that will sink and 5 that will float

Directions:

Before each object is placed in the basin, ask the students:

“Sink or Float?”

Track predictions and results for each object on a large chart.

Post activity suggestion:

Have extra tomatoes on hand to create a healthy and fun snack.



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Lesson Plan 1: Language Arts “T” is for Tomato Mobiles

Goal:

To provide students with opportunities to explore their vocabulary, increase letter recognition, and create themed artwork.

Materials:

Construction paper cut into the letter “T” – one per student

Tomato Slices – at least ½ “ thick – one per student

Red paint (may also use green and yellow)

Paintbrushes

Popsicle sticks

String or Yarn

Activity:

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

Demonstrate how to brush the paint on one side of the tomato and then use it as a stamp on the letter T. Students should cover their letter as desired.

When the letters are completely dry, punch a hole in the top and string each with varying lengths of string. Secure Popsicle sticks together. Tie the T’s to the sticks.

Alternate Display:

Hang each T separately from the ceiling around the classroom.



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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: Health: Tomato Power!

Goal:

To provide opportunities for students to learn about healthy food choices.

To give children a fun way to think about the positive effect of a good snack.

Materials:

Florida Tomato cut into bite size pieces.

Movement chart (or movement ideas written on the board.)

Imaginations

Activity:

Talk with the children about what making healthy food choices means.

Tell them that today they are going to eat a healthy snack that will help make their bodies stronger. Show them a whole Florida tomato and highlight a few of the key benefits of eating (or drinking) tomatoes.

For example: "Tomatoes are full of Vitamin C and antioxidants that help keep your body healthy and strong. Eating fruits and vegetables, including tomatoes, along with getting plenty of exercise, can give your body power."

Provide each child with a snack size portion of fresh tomato.

Set up the control by choosing a movement from the chart i.e. jumping.

Count to three and ask the children to jump as high as they can. Now ask the children to take a bite of the tomato, build it up, and talk about their bodies getting stronger.

Once everyone has chewed and swallowed count to three and have everyone jump again – did you jump higher this time, did you touch the ceiling?

Continue with various movements, each time doing the action once before the snack, then again after.

Additional Options:

Use a chart to document the before and after of chosen actions. (ex. How long they stand on one leg)

Consider using a homemade salsa or if you have a juicer, fresh juice for the activity.

Movement Suggestions:

Jumping, Balancing on one foot, Balancing on tiptoes, Muscle/body builder poses.



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Lesson 1: Social Studies: Terra's Tomato High Tomato Low Game

Goal:

Encourage observation skills, turn-taking, and group cooperation.

Materials:

One fresh Florida Tomato

Directions:

Teacher or group leader asks the children to cover their eyes. The instructor then hides the tomato and says the following rhyme:

“Tomato, Tomato
Where can you be?
Tomato, Tomato
1...2...3...”

On 3, the children open their eyes and begin their search for the tomato. The teacher gives an opening clue stating the approximate height of the tomato. For example, it could be field height, table height, or sky high. The person who finds the tomato should exclaim “Tomato, Tomato, I found the tomato!” This person now becomes the one to hide the tomato. (With assistance as needed.)