

Objectives

- Children will gain familiarity with different types of local tomatoes and explore how they taste.
- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Children learn that many vegetables come in lots of different varieties that all look and taste different.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-2, APL-5, APL-7, APL-8
ESD-1, ESD-2
HPD-1
LDC-1
CD-1, CD-3, CD-14, CD-15

Materials

- Several different varieties of local cherry or pear tomatoes (sun gold, yellow pear tomatoes, traditional cherry, and/or grape tomatoes)
- Plates
- Knife (*for adult use only*)
- Cutting board

Activities

Tomato Exploration

Show your children examples of different types of small tomatoes. Ask the children to describe how the tomatoes look. What color are they? Are they smooth or rough? Do they look old or fresh? What do the children think each tomato is named? Can they come up with their own name for each type of tomato? Give each child a paper plate and a halved tomato. Guide them in looking at the slices closely. What do they see? How many seeds do they guess are in a tomato? Is there water in the tomatoes? How do they know?

Taste the Tomatoes

Show the children several varieties of cherry tomatoes. Offer them samples of the different varieties. Be sure to model tasting the tomato with the children. They will follow your example! Did they have a favorite? Make a graph recording the children's votes for their favorite cherry tomatoes.

