



TOMATOES AND KETCHUP

LESSON PLAN

Grades 1-3

SUBJECT:

Science

THEME:

Plants/Horticulture

OBJECTIVES:

Students will learn how food is grown, as well as some new vocabulary terms.

Background

Many people grow tomatoes in their gardens at home. How many of you have tasted home-grown tomatoes? Tomatoes are picked or harvested when they're ripe and ready to eat. Tomatoes are ripe when they're red. People who grow a lot of tomatoes on farms can sell them at local farmer's markets or in supermarkets. You can eat tomatoes when they are raw or cooked. They can be made into pasta sauces, salsa, pizza sauce and ketchup.

Today's Lesson

- 1 Give each student approximately three to four tomato seeds.
- 2 Pour a small amount of soil into a small container, and give it to the students.
- 3 Pass out plastic or paper cups with small, pre-punched drain holes in the bottom of them.
- 4 Have the students fill the cups with soil from the container.
- 5 Allow the students to use their fingers to push a hole about one inch deep into the soil and place the seed inside. Next, cover the seeds.
- 6 Place the plant in a sunny window. Tell the students to water them when the soil feels dry.
- 7 Watch them grow!



Related Activities:

Take a field trip to a greenhouse or invite someone from your county's agriculture department to talk to the students about growing healthy plants and food.

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Grades 1-3

SUBJECT:

Vocabulary

THEME:

Plants/Horticulture

OBJECTIVES:

Students will learn to spell words associated with tomatoes and growing them.

TOMATO WORD SEARCH

Circle this list of words in the jumble of letters below:

Tomato

Plant

Vine

Ripe

Harvest

Ketchup

Seed

Sauce

Healthy

Vegetable

Juicy

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

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TOMATOES AND KETCHUP



FUN FACTS

Grades 1-3

1 Tomatoes are rich in vitamins A, C, E, potassium and fiber – all of which are very important to your health.



2 In our country, Florida and California grow the most tomatoes.

3 The average person eats almost 90 pounds of tomatoes and tomato products every year. That's a lot of tomatoes!

4 The word ketchup originally was used for a lot of different sauces. Today, most people think of ketchup as tomato ketchup.

5 Are tomatoes a fruit or a vegetable? The answer is both! It's a fruit because it has a sweet pulp with seeds on the inside. It's a vegetable because it grows on a vine and most fruit grows on trees. But most people consider a tomato a vegetable.

6 Baskin Robbins tried to make ketchup ice cream once, but stopped making it because they didn't think it would sell.

7 In 1869, Henry J. Heinz and L. Clarence Noble started Heinz & Noble. The first product was Henry's mother's horseradish. The company started making ketchup in 1876.

8 October is National Tomato Month.

9 An average American eats enough ketchup each year to fill three bottles.



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