



# TOMATOES AND KETCHUP

# LESSON PLAN

**Grades 4-6**

**SUBJECT:**  
Health

**THEME:**  
Healthy Eating Habits

**OBJECTIVES:**  
Students will learn the importance of eating tomatoes as part of a healthy diet. According to food nutritionists, we should eat three servings from this category every day. Explain the Food Pyramid and give a copy to students.

## WHAT I EAT IN A WEEK

Use this chart to track everything you eat in one week.  
Are you eating enough vegetables?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch (packed)							
Lunch (school)							
Dinner							
Snacks							

## Related Activities:

Have students write a brief essay about what they learned from this exercise. Did they reach the goal of three to five daily servings of vegetables? If not, what could they do to make sure they reach those goals? Why are vegetables so important to a healthy diet?

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## TOMATOES AND KETCHUP

# LESSON PLAN

Grades 4-6

**SUBJECT:**  
Nutrition

**THEME:**  
Understanding the Food Pyramid

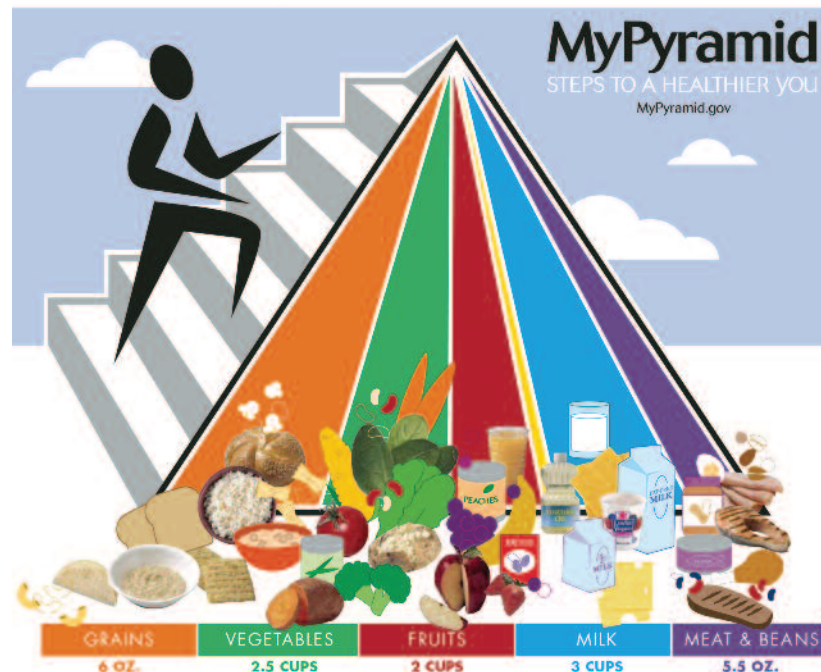
**OBJECTIVES:**  
Students will learn how to differentiate between the categories of food as outlined in the USDA Food Pyramid.

**MATERIALS NEEDED:**

- Copies of the Food Pyramid
- Construction Paper
- Notebook Paper
- Yarn
- Glue
- Scissors
- Magazines

**Instructions:**

- 1 Divide students in groups of four.
- 2 Give each group a copy of the Food Pyramid, two pieces of construction paper, six sheets of notebook paper and the other materials.
- 3 Place the notebook paper between the construction paper, and punch three holes through all along the edge of the paper.
- 4 Tie yarn through the holes.
- 5 Instruct the students to write the name of a Food Pyramid category and the number of daily serving suggested on each piece of notebook paper.
- 6 Look through magazines to find appropriate pictures of different food items and paste to the right sections of their Food Pyramid notebook.
- 7 Decorate the cover of the notebook.



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# TOMATOES AND KETCHUP



# FUN FACTS

Grades 4-6

- 1 Tomatoes are rich in vitamins A, C, E, potassium and fiber – all of which are very important to your health. Tomatoes also are an excellent source of lycopene, which may help reduce the risk of diseases such as certain types of cancers.
- 2 The human body doesn't produce lycopene, so we must get it from eating tomatoes, tomato products, guava, watermelon and pink grapefruit.
- 3 While riding a train in New York City in 1896, Henry Heinz saw a sign advertising 21 styles of shoes, which he thought was clever. Although Heinz was manufacturing more than 60 products at the time, Henry thought 57 was a lucky number. So, he began using the slogan "57 Varieties" in all his advertising. Today the company has more than 5,700 products around the globe, but still uses the magic number of "57."
- 4 The average person eats almost 90 pounds of tomatoes and tomato products every year. That's a lot of tomatoes!
- 5 The word ketchup originally was used for a lot of different sauces, including those made from walnuts, beans and anchovies. Now, most people think of ketchup as tomato ketchup.
- 6 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. The U.S. Supreme Court ruled in 1893 that it's a vegetable.
- 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 Baskin Robbins tried to make ketchup ice cream once, but stopped production because they didn't think it would sell.
- 9 October is National Tomato Month.
- 10 An average American eats enough ketchup each year to fill three bottles.
- 11 Ninety-seven percent of American homes have ketchup in their kitchen.
- 12 More than 650 million Heinz® ketchup bottles are sold annually around the world in more than 140 countries.



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