



TOMATOES AND KETCHUP

LESSON PLAN

Grades 7-9

SUBJECT:

Science

THEME:

Agriculture/Writing

OBJECTIVES:

Students will learn to write in a complete, coherent manner, demonstrating their awareness of audience and purpose as well as ensuring they follow rules of grammar.

Instructions:

- 1 Divide the students into teams of three, and assign each of them a vegetable to research.
- 2 Each group of students will interview a local greenhouse owner, county agriculture official or owner of a farm-related business about agriculture, its importance and the operation of their business.
- 3 Each group will be responsible for researching their assigned vegetable to determine which states harvest them. The students will then research what those food items are used for.

Example: tomatoes can be used in pasta sauce, salsa, ketchup, etc.

- 4 Students then will be required to write an essay, outlining what they learned.
- 5 Have each group present their findings to the class.



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TOMATOES AND KETCHUP



FUN FACTS

Grades 7-9

- 1 Tomatoes are rich in vitamins A, C, E, potassium and fiber – all of which are very important to your health. It also contains a significant amount of lycopene, beta-carotene, magnesium, iron, phosphorous, potassium, riboflavin, sodium and thiamine.
- 2 More than 85 percent of lycopene in our diets come from 10 foods – nine of which are tomatoes or processed tomato products like ketchup, salsa, tomato soup and spaghetti sauce.
- 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.
- 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.



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- 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.
- 13 The top five tomato-producing countries of the world, in order, are the United States, China, Turkey, Italy and India.
- 14 A University of California at Davis survey ranks the tomato as the single-most important vegetable of Western diets in terms of vitamins and minerals.
- 15 Tomato ketchup has a high acid content and therefore does not need to be refrigerated after opening. People tend to keep it refrigerated to preserve its taste and bright red color longer.
- 16 Four tablespoons of ketchup has as many nutrients as a whole medium ripe tomato.
- 17 Tomatoes are grown in approximately 35 million backyard gardens in the United States.
- 18 Within the United States, the top five states that produce the most fresh market field-grown tomatoes are Florida, California, Georgia, Virginia and Tennessee.
- 19 The United States harvested 443,700 acres of tomatoes in 2007.



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