

Lesson 2



# Power Panther Eats Tomatoes

## Key Messages:

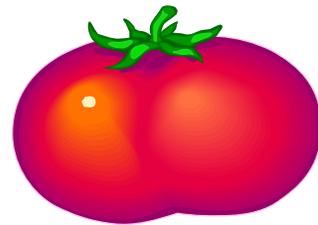
**EAT SMART:** I am learning tomatoes are tasty.

**PLAY HARD:** I am learning how to make my body move at different speeds and rhythms.

## Suggested book for this lesson:

*I Will Never NOT EVER Eat a Tomato\**

Lauren Child



## Other suggested books:

*Blue Potatoes, Orange Tomatoes*, Rosalind Creasy

*Tomatoes to Ketchup*, Inez Snyder

*Clifford the Big Red Dog*, Norman Birdwell

\*book included in tote bag

## CACFP snack ideas:

-  Cherry, grape or pear tomatoes, cucumber slices, green pepper strips, cottage cheese dip
-  Bread stick dipped in Tasty Tomato Sauce (recipe on page 26 ), string cheese
-  Spaghetti with meaty tomato sauce



## EAT SMART Activities

I am learning tomatoes are tasty.

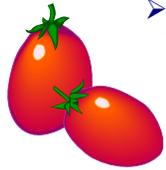
### Introducing Tomatoes at Circle Time

#### Getting Ready:

Purchase a container of cherry, grape, or pear tomatoes. Cut pictures of foods that include tomatoes and tomato products from magazines, grocery inserts or seed catalogs (spaghetti sauce, catsup, sandwich with tomato slice, pizza, fresh salad). "Hide" pictures around the room to be used for activity after circle time.

#### Procedure:

Read the book *I Will Never NOT EVER Eat a Tomato!* to the children. Ask these questions:



- Why do you think that Lola wouldn't eat a tomato?
- Has everyone here tasted a tomato?
- Have you tasted a food that is made from tomatoes?

Show children the tomato pictures on page 27 and discuss foods that contain tomatoes. Tell children that they are going to look for the tomato treasure.

Instruct them to look around the room for pictures of foods that have tomatoes in them. When a child finds a picture containing tomatoes, the child says "tomatoes are tasty" and takes the picture to the group.

### EAT SMART Stretcher Activities

- Invite the children to taste a cherry or grape tomato using all their senses:
  - Eyes---Colors? Where are the seeds?
  - Ears---Shake. Do they make noise? Do they make noise when you bite into them?
  - Hands--Are they smooth or rough?
  - Nose---Can you smell them? Do they smell like spaghetti or catsup?
  - Mouth---Do they taste sweet or sour? Eat some as part of a CACFP snack.
- Purchase a large can of tomatoes. Using a blender, make tomato juice so each child may have a taste.
- Open a can of pizza sauce so the children can see it. Talk about what you would dip in pizza sauce and then provide several fresh vegetables, bread sticks and cheese cubes for dipping.
- Purchase a patio tomato plant (preferably with blooms on it) and watch the tomatoes grow.

## PLAY HARD Activities

I am learning how to make my body move at different speeds and rhythms.

### PLAY HARD - Bushel Game

**Materials needed:**

Paw prints (see page 11)

Two pictures of each fruit and vegetable found in the book *I Will Never NOT EVER Eat a Tomato* (tomatoes, bananas, oranges, potatoes, carrots, peas, etc.).

Small paper sacks – 1 for each different fruit or vegetable

Large paper sack

**Getting Ready:**

Cut pictures of fruits and vegetables from magazines, grocery inserts or seed catalogs. Tape a picture of a different fruit or vegetable to each small paper sack. Using pictures of the same fruits and vegetables, place pictures in the large paper sack – a minimum of 1 per child.

**Procedure:**

On one side of the room place the small sacks. On the other side of the room, tape four paw prints to the floor. Instruct four children to stand on the paw prints, reach into the larger sack and pull out one picture. Have the children move (fast, slow, medium) from one end of the room to the other, and drop their pictures in the sacks that have the matching picture on them. The children should then move back to the starting place.

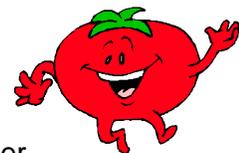
### PLAY HARD - Rolling Tomatoes Relay Race

**Materials needed:**

2 plastic tomatoes (may substitute tennis or ping pong balls)

Paw prints (see page 11)

Power Panther Puppet made from a paper sack and a Power Panther sticker

**Procedure:**

Place two tomatoes on one end of a sidewalk or a fairly flat smooth surface. Place paw print several yards away. Divide the class into two or more groups. Each group should line up behind one tomato. Each child will take a turn moving the tomato from the starting line to the paw print, and then will move it back. Use the Power Panther puppet to instruct each group of children how to move or ask the children to suggest different ways to move. Options for moving the tomato include: move it without using your hands, move it fast as you can, move it slowly, balance the tomato on a spoon while walking with it, etc.

## Enhancement Activities



### EAT SMART - Tasty Tomato Sauce

**Ingredients:**

- 1 14 oz can chopped tomatoes
- 1 6 oz can tomato paste
- 1/3 cup water
- 1/2 cup chopped onion
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper

**Materials needed:**

- Measuring cup
- Measuring spoons
- Can opener
- Large spoon
- Crock pot or slow cooker
- Small cups 1/child

Have children help add all ingredients to slow cooker. Stir. Cook on high until bubbly. Reduce heat and simmer for 30 minutes. Pour into small cups for each child. Enjoy with bread sticks. Makes about 2 1/2 cups of tomato sauce.

### Math or Science Activity - What is Round Like a Tomato?

What is round like a tomato? Assemble a container of items of different shapes. If you have play food, you may use that. Otherwise, select a variety of blocks, balls, musical instruments or other items familiar to the children. Have children choose the round shapes from the collection of assembled items. Count the number of round shapes. Find other round shapes in the room.

### Singing and Dancing

**Smart Fruit and Veggie Songs CD**

Track #3 - Hot Potato Hot Tomato



# Tomato

