



TASTE A TOMATO



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Taste a tomato at home!

Kid Approved Pico de Gallo

- Chop tomatoes, garlic, onions, peppers, cilantro or basil.
- Toss together with lime juice, salt, and pepper.
- Enjoy with whole grain tortilla chips!

Family Fun: Parts of a Tomato

- Gather a few different types of tomatoes. Popular types of tomatoes include cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!
- Cut each tomato in half. Can your child identify the skin, seeds, stem, and leaves?
- How is each tomato the same or different?
- Taste each one too!
- Dice leftovers to make Pico de Gallo.

Make meals and memories together. It's a lesson kids will use for life.



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