

JERSEY TASTES! ACTIVITY SHEETS

Terrific Tomatoes



ACTIVITIES:



Pre-K: [Tomato Exploration](#)

Lower Elem: [Tomato Activity Plan](#)

Upper Elem: ["I will never not eat a Tomato" Lesson Plan](#)

Middle: [Tomato Trivia: Testing Math & Science Skills](#)

HS: [Tomato Temperature Lab](#)

RECIPES:

Jersey Tastes! Recipe Videos

Breakfast: [Shakshuka: A Traditional North African Breakfast Dish Recipe & Video](#)

Lunch: Jersey Fresh: [Mac & Cheese Stuffed Tomato](#)

Side Dishes: Jersey Fresh: [Simple Salsa with Lime](#)

[Tomato, Corn, & Black Bean Salad](#)

[Red, White, & Blue Kebabs](#)

ALL ABOUT NEW JERSEY!

New Jersey is famous for its tomatoes because of their flavor, tenderness, and juiciness. Tomatoes are in season in New Jersey during the summer months, from June through September. The New Jersey Pine Barrens has ideal growing conditions for growing tomatoes with its sandy and acidic soil. Tomatoes are delicate plants that do not like the cold. Be sure to plant yours after any danger of frost which in NJ or Zone 7 is using around Mother's Day or May 15.

HOW DOES IT GROW:



[How is it Grown: Tomato Video](#)

NUTRITION FACT:

Tomatoes are rich in lycopene, an antioxidant that is good for the heart.



FUN FACTS:

1. Tomatoes are very popular in Mediterranean cuisines such as Italian. They are an important ingredient in pizza and pasta sauces.
2. The biggest tomato fight in the world happens each year in the small Spanish town of Buñol. The festival involves 40,000 people throwing 150,000 tomatoes at each other.

