



Southwest Food Program, Inc. 719-440-8990

southwestcacfp@gmail.com www.southwestcacfp.com



You Say Tomato..... pg 1

Exploring the Nutritional Benefits and Versatility of the Tomato

Original visit cycle: Sept-Dec 2011

updated 1/23

In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

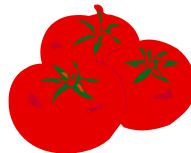
Provider Signature

Printed Name

Date

Submit with menus or to: southwestcacfp@gmail.com

Things to enclose: Pages 1-4 fully completed for a 1 (one) hour credit. Include page 5 Bonus Activity for an extra .5 hr



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the bases of race, color, national origin, sex (including gender identity and sexual orientation), disability, reprisal or retaliation of prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the Complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833)256-1665 or (202)690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider. Revised May 2022.



1. ____ I make an effort to serve fresh or raw fruits and/or veggies regularly.
2. ____ I recognize that some foods like lettuce do not offer much nutritionally so I supplement with extra fruits/veggies like tomatoes, spinach, celery, cucumbers, peppers, etc.
3. ____ I try to sit and eat with the children whenever possible.
4. ____ I ensure that every child washes thoroughly before and after eating, even at snack.
5. ____ I try to plan at least some food or cooking activities.
6. ____ I talk with my children about the foods they are eating.
7. ____ I thoroughly wash all fresh produce.
8. ____ I try to set a good example of healthy eating habits by consuming healthy foods like tomatoes.
9. ____ I recognize that foods can be used to teach many other concepts like colors, shapes, and textures.
10. ____ I include children in choices about meals or snacks at least some of the time.
11. ____ I do not allow toys, television, or video games during meals.
12. ____ Each child has adequate time to eat meals and snacks comfortably without rushing.
13. ____ I am careful to ensure raw fruits and vegetables are cut in a fashion to avoid choking.
14. ____ I never withhold foods in association with behavior.
15. ____ I encourage my children to try new foods without being forceful or threatening.
16. ____ I try to buy low salt varieties of canned vegetables.
17. ____ I consider my children's likes and dislikes when planning meals or snacks.
18. ____ I try to let my children serve themselves at least *some of the time*.
19. ____ I ensure my children go outside or engage in full physical activity every day, even in winter.
20. ____ I recognize that children learn with all of their senses so I allow them to experience their foods through smell, taste, and even touch.
23. ____ I see spills and accidents as an opportunity for children to learn about cleaning up after themselves instead of getting upset.

Choose two of the statements above about which you believe strongly and briefly describe why you feel the way you do:

1. _____
2. _____



Testing Your Tomato IQ

pg 3

Answer the following to the best of your ability. You may find your Creditable Foods Guide helpful <https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

The appropriate size serving of 1 component fruit/veg for a 3-5 year old at snack is: 1/8 cup 1/4 cup 1/2 cup

At **lunch** and **supper** you must serve 1 2 different fruit/veg components

At lunch or supper, you may serve 2 different vegetable components T / F

When making tacos for six 3-5 year olds at lunch, how much lettuce and/or salsa would need to be included in the recipe in order to claim 1 fruit/veg component? _____ per child



If you make a chef's salad with lettuce, spinach, cucumbers, celery, tomatoes, eggs, ham, turkey, and croutons, would you need to add anything else for a complete lunch? Yes / No Why or why not: _____

Tomatoes are surprisingly high in calories and fat. True / False

Lycopene is found in tomatoes. What are the potential health benefits of this phytochemical? _____

Is the tomato a vegetable or fruit? _____

Are "vine ripened" tomatoes a better choice nutritionally? Yes / No



Name three foods you could top with chopped fresh tomatoes to boost nutrition: _____

Tomatoes are high in Vitamin C. Why would this be important for your children? _____

Eating raw veggies like tomatoes acts like a scrub brush for the inside of the body because they are a good source of _____, which helps to push less desirable elements through the digestive tract.

Tomatoes are among the top 10 foods that can trigger allergic reaction. True / False

Name three varieties of tomato: _____

Before the late 1800's, tomatoes were largely considered poisonous and used as an ornamental plant T / F

What company was launched in large part due to their "condensed" tomato soup? _____

Tomato juice can help neutralize butyl mercaptan, the prime ingredient of a skunk's defensive spray. T / F

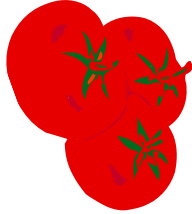
The acidic content of tomatoes can slow down the cooking time of other foods when combined. T / F

Tomato Vitamin and Mineral Mixup page 4

Draw a line from the Nutrient, Vitamin, Mineral, or Phyto-nutrient listed, to the associated health benefit
** You may find internet searches helpful



| | |
|---------------|--|
| Calorie | needed for strong bones and teeth |
| Lycopene | helps to maintain fluid balance in the body (heart rate and blood pressure) |
| Folate | Necessary for blood clotting |
| Vitamin A | Thought to help prevent skin damage from UV rays and prostate cancers |
| Vitamin C | primarily consumed in plant oils, it protects cell membranes and is used in lotion |
| Vitamin E. | Needed for healthy eyes |
| Vitamin K | helps deliver oxygen to cells, needed for energy and immune functions (healing) |
| Potassium | The energy value of food, we like to “burn” them |
| Calcium | Added to throat lozenges to reduce cold symptoms |
| Iron | immune booster abundant in citrus and other fruits |
| Zinc | Indigestible materials that work as a “scrub brush” for the body |
| Beta-Carotene | precursor which can be converted to Vitamin A found in orange foods |
| Fiber | needed for the synthesis of DNA so it is important to pregnant women |



Choose a book or story about foods or nutrition. Read the book/story with your children and complete the following.

**You might find it helpful to visit your library or to borrow from our lending shelf.

Suggestion: “I Will Never, Not Ever Eat a Tomato” by Lauren Child

The book/story we chose to read was: _____

The author was: _____

I obtained this book/story from: _____

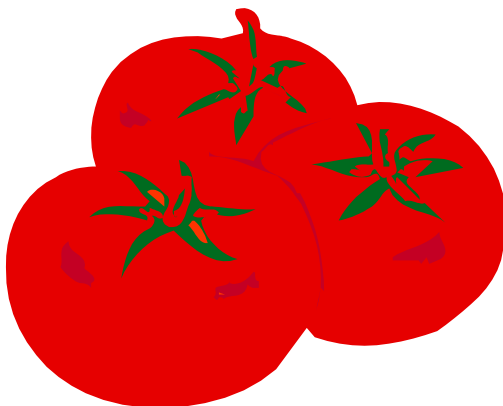
The number of children participating: _____

Name two things the children said about the story

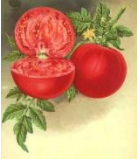
Name two things you believe the children may have learned from the book/story

Would you recommend this book/story for other providers YES / NO

What did you like or dislike about the book/story _____



YOU MAY KEEP THE FOLLOWING PAGES FOR YOUR USE!



Did you know...

The French referred to the tomato as *pommes d'amour*, or love apples? They were thought to have special powers of attraction... ooh la la!

Cooking or pickling green tomatoes makes for fine treats; but eating raw green tomatoes can make you sick!

Use a good serrated knife to cut tomatoes instead of a flat edge knife to avoid smashing and tearing of the skin and flesh.

Do not use aluminum pots, pans, or utensils when cooking tomatoes. The acid reacts with the aluminum making the tomatoes bitter tasting and dull in color.

Herbs that compliment tomato recipes are:

Basil, oregano, marjoram, black pepper, dill weed, thyme, garlic, bay leaf, tarragon, chives, and parsley



Scooped out tomatoes can be used for fun and colorful edible bowls. Fill with cottage cheese, tuna salad, egg salad, ham and cheese cubes, or cucumbers with dressing.....
Be sure to turn the hollowed out tomato upside down to drain for a few minute before filling!



Recipe - Red and Green Rice

3 cups cooked brown instant rice

3 cups diced fresh tomatoes

1 bunch fresh basil leaves (about $\frac{1}{2}$ cup), minced (it's important to use fresh for the green color)

$\frac{1}{4}$ cup wine vinegar

2 tablespoons olive oil

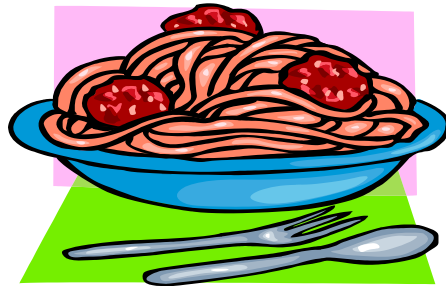
1 teaspoon garlic

2 teaspoons salt

2 teaspoons sugar

While rice is cooking, chop tomatoes and mince basil. Set aside and whisk together: vinegar, oil, garlic, salt, and sugar. Toss all ingredients together and serve warm.

This recipe will satisfy 1 bread alternate and 1 fruit/veg component of a meal or snack for up to six 3-5 year olds. Additional components in appropriate serving sizes must be offered to complete a lunch or supper.



Garden Pasta Sauce-

5-6 large ripe tomatoes

1 large can of fire roasted diced tomatoes

$\frac{1}{2}$ cup minced onion

4-5 cloves roasted garlic (crushed) or 2 teaspoons garlic powder

2-3 Tablespoons olive oil

2 teaspoons basil (fresh minced adds flavor)

Dash of red wine

Heat a large pot of salted water to boiling. Add tomatoes and boil a few minutes (until you can see skin splitting). Remove from water with a slotted spoon and place into a bowl of cold water. Reduce heat on pot of boiling water and allow to simmer until you are ready to cook pasta.

Remove skin and pit of tomatoes and blend in food processor until pureed. Set aside.

In another large pot, heat oil over medium low heat. Add onions and garlic. Saute till tender.

Add processed tomatoes and can of dice tomatoes. (Diced tomatoes may also be processed if you don't like chunks in your sauce). Simmer over low heat till bubbly. Add wine and continue to cook 2-3 minutes. Add basil and cook and additional 2-3 minutes.

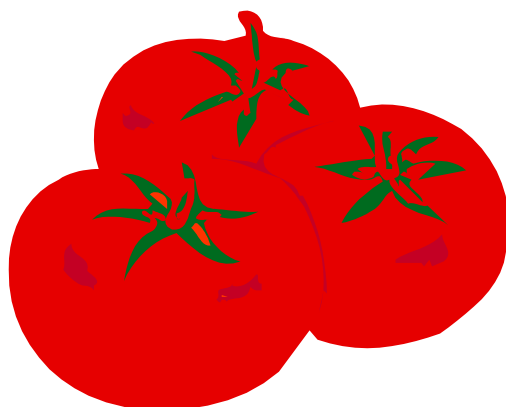
Hints:

While sauce is simmering, increase heat on pot of water to boiling and add a good dash of salt so that you can cook your favorite pasta without starting over!



For pizza sauce, use tomato paste instead of diced tomatoes and add a bit of oregano with the basil.

This recipe will satisfy 1 fruit/veg component of a lunch or supper for up to eight 3-5 year olds. Other components in adequate portions must be served to complete a creditable meal. *** Pizza "sauce" must be supplemented with additional pizza type vegetable toppings like peppers, mushrooms, sliced tomatoes, etc in order to make a creditable portion of 1 fruit/veg.



Fresh Tomato Bruschetta –

1 loaf French bread, sliced (about 16 slices)
1 tub (8 oz) reduced fat cream cheese
1 cup finely diced fresh tomatoes
¼ cup fresh basil, minced
¼ cup parmesan cheese
¼ cup olive oil
1 Tablespoon garlic powder
2 Tablespoons balsamic vinegar
1/8 teaspoon (each) salt and pepper

Preheat oven to 400 degrees. Place bread slices on large baking sheet. Drizzle each slice generously with olive oil. Sprinkle on ½ of garlic powder and parmesan. Bake a few minutes (2-3) until browned and fairly crispy.

Meanwhile, blend cream cheese, basil, balsamic vinegar, remaining garlic powder, and salt/pepper till smooth.

Remove bread from oven and allow to cool just a bit. Spread cream cheese mixture on each slice and sprinkle with diced tomatoes.

This recipe will satisfy the bread component of a meal or snack for six 3-5 year olds. It will NOT satisfy the fruit/veg component since the tomatoes are intended as a garnishment and a full portion is not present on each bread slice. To fully complete a snack, try serving the bruschetta with mozzarella string cheese or lean ham slices. For a creditable lunch or supper, two complete fruit/veg components would need to be served along with the bruschetta, a meat/meat alternate, and low fat milk in adequate portions.