

Tomato



What is a tomato?

- A tomato is a fruit that grows on a vine.
- Tomatoes need plenty of sunlight to grow.
- There are many kinds and sizes of tomatoes.
- Tomatoes can be red, yellow, green, purple, black and brown.
- Cherry tomatoes are the smallest and beef tomatoes being the largest – these can weight up to one pound!

Why is it healthy?

- Tomatoes are rich in vitamins and phytochemicals, like carotenoids.
- Phytochemicals can help prevent the risk of heart disease and boost your immune system.
- Tomatoes are also a good source of vitamins like: **Vitamin C, Potassium and Folic Acid which is a B vitamin.**

How can it be used?

- Slice a tomato and use as a topping to sandwiches and subs; or eat by itself with cracked pepper.
- Smaller tomatoes like cherry and grape tomatoes are great to mix into salads, pasta salads or along with cheese cubes as a snack.

