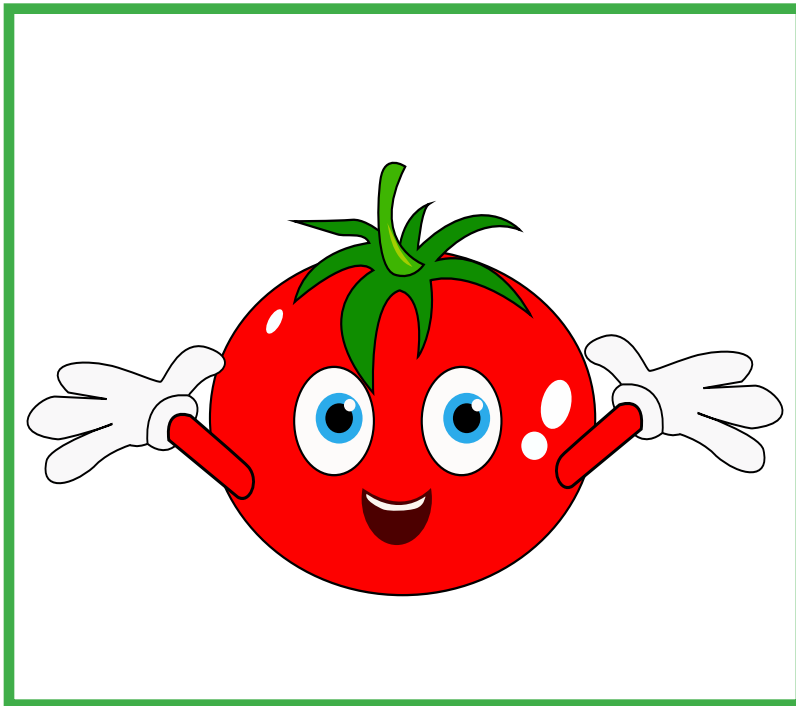


EDUCATION KITCHEN

This workbook belongs to:





The adventures of



TOM THE TOMATO

Tom the Tomato Seed needs your help. He wants to grow up into a successful Tomato Plant. Can you help him out? Color the pages to transform him into a successful plant from vine to table!

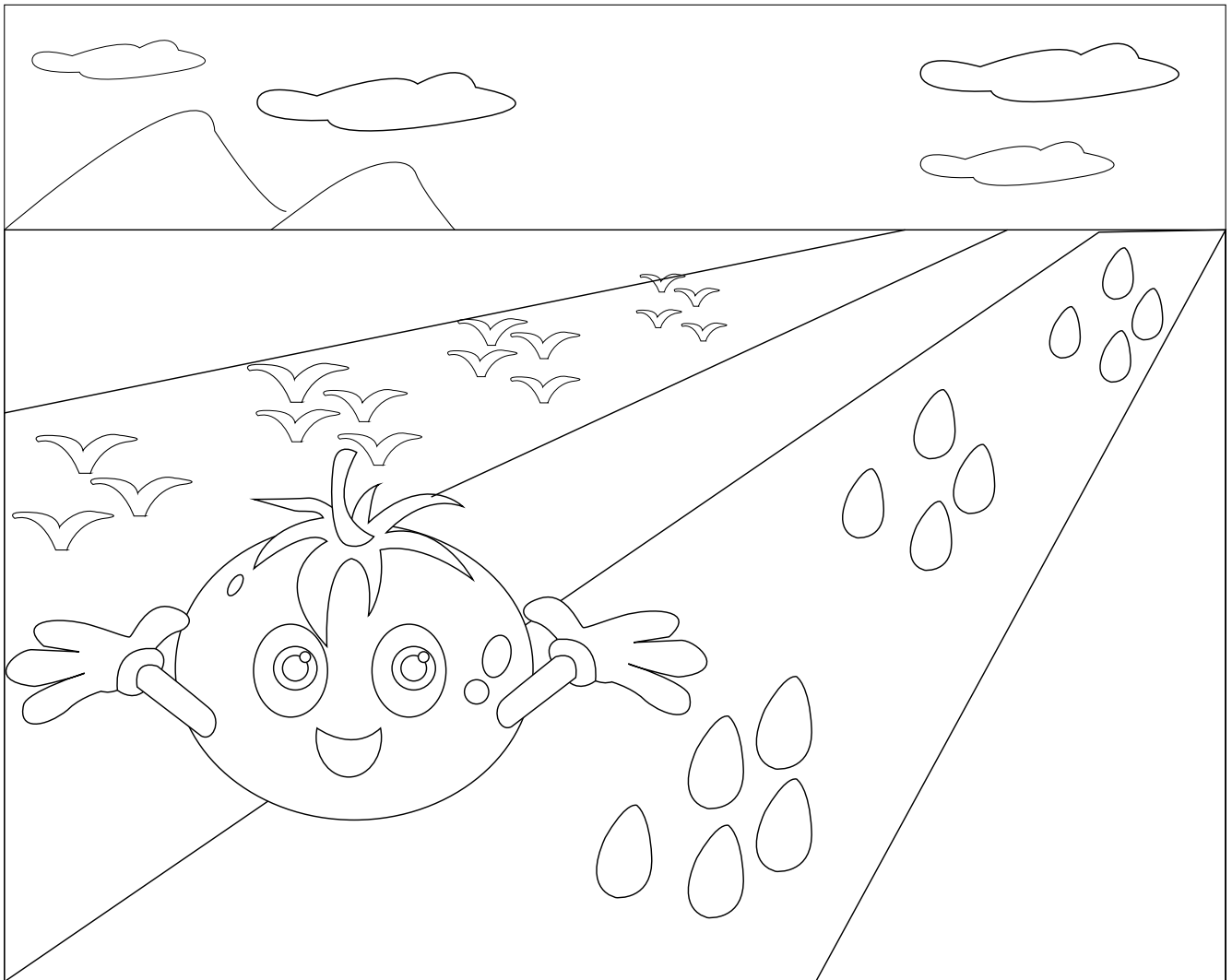
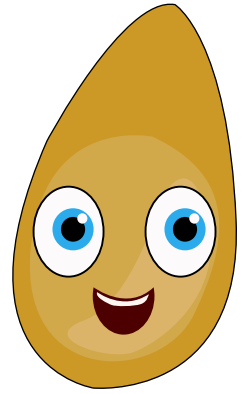
ACTIVITIES

- 1. All About Seeds** 
Learn about Tom the Tomato Seed.
- 2. All About Plants** 
Learn about Tom the Tomato Plant.
- 3. Let's Garden!** 
Plant Tom the Tomato Seed
- 4. Let's Cook!** 
Cook a recipe with Tom's tomatoes.
- 5. Let's Play!**
Word Puzzle- Learn about the health benefits of the tomato ingredients.

Any time you see Tom on the top right of the page, scan your completed colored image with the Education Kitchen application,

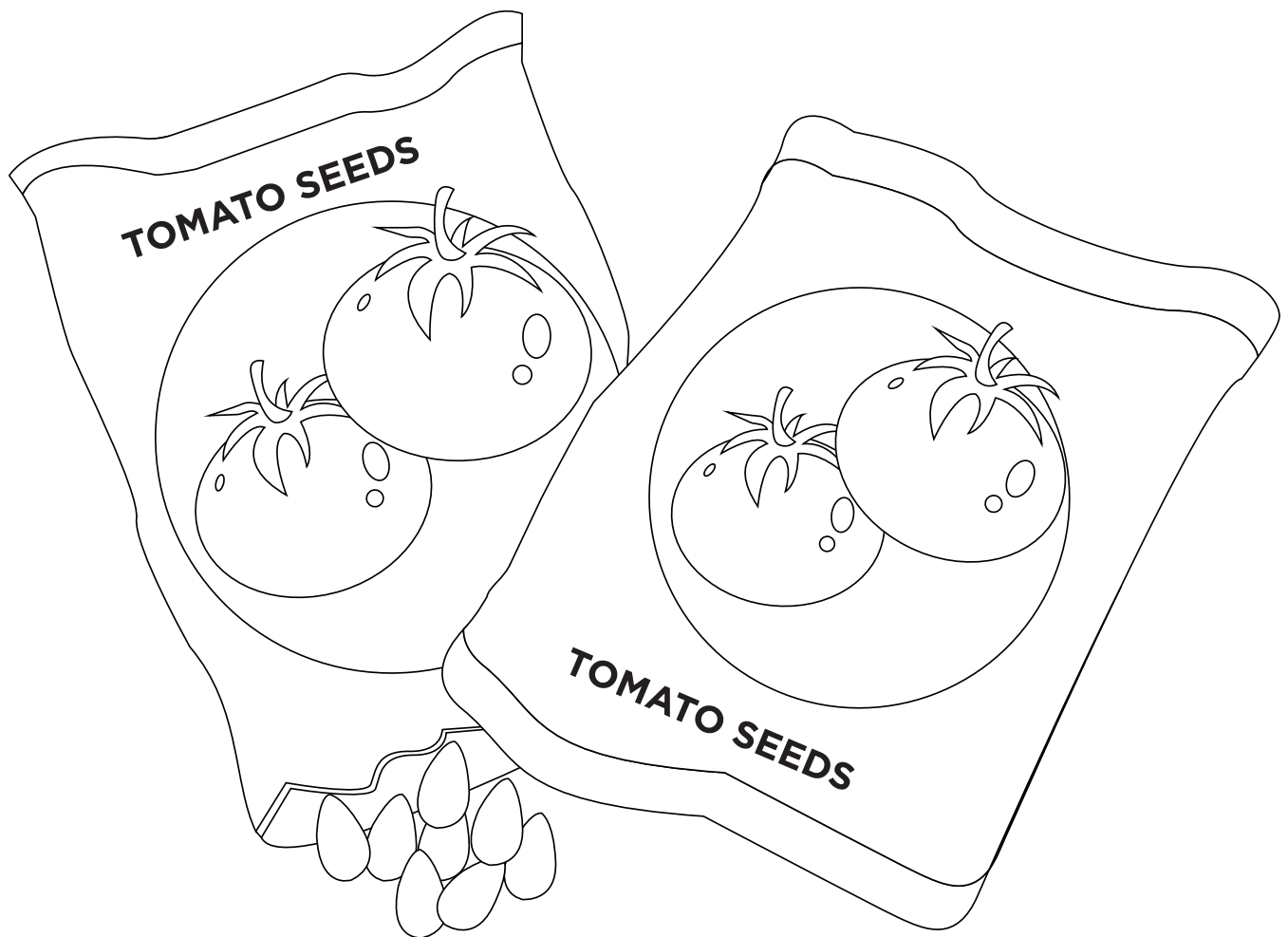
ALL ABOUT SEEDS

Seeds are grown on farms.



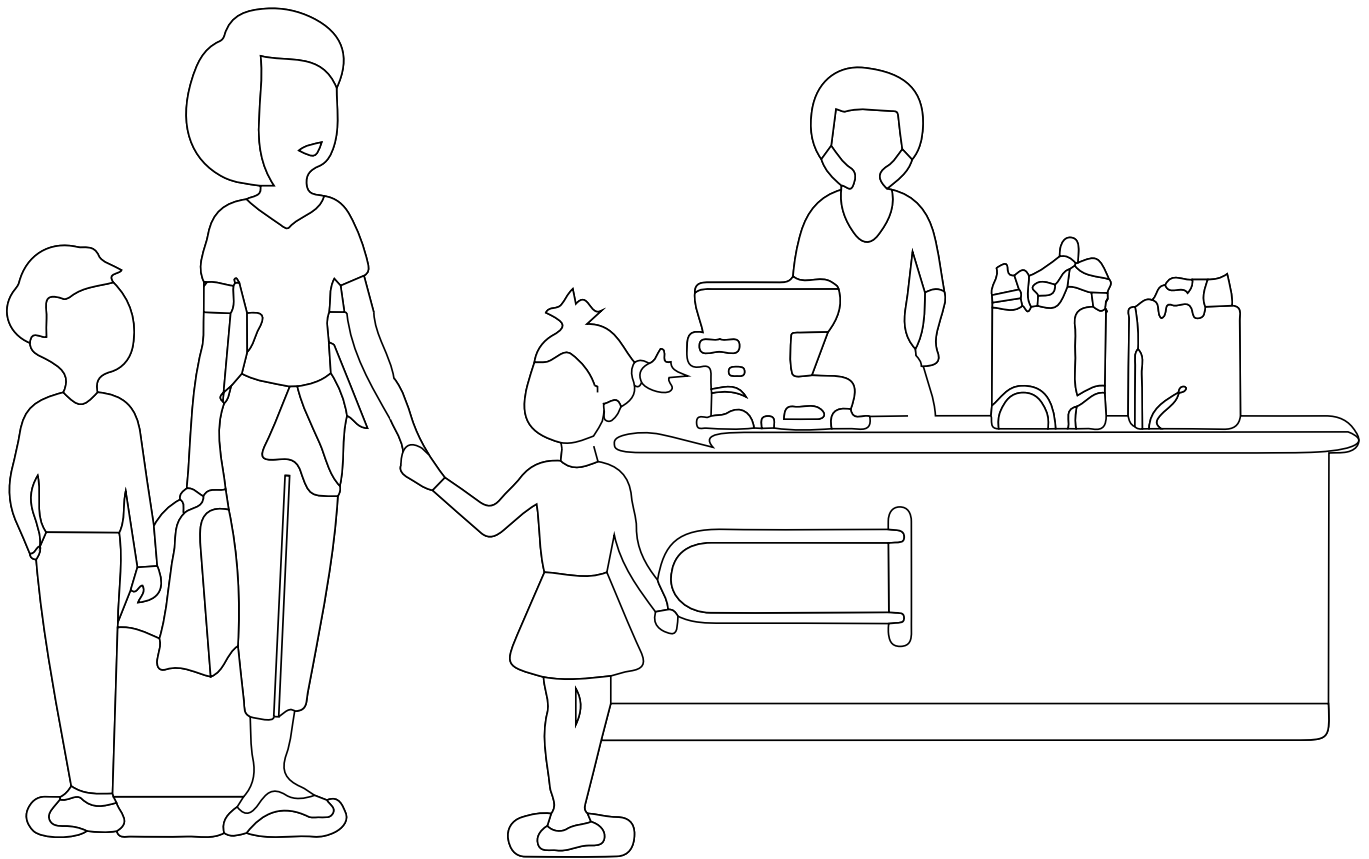
ALL ABOUT SEEDS

Then the farmer puts the
seeds into packets.



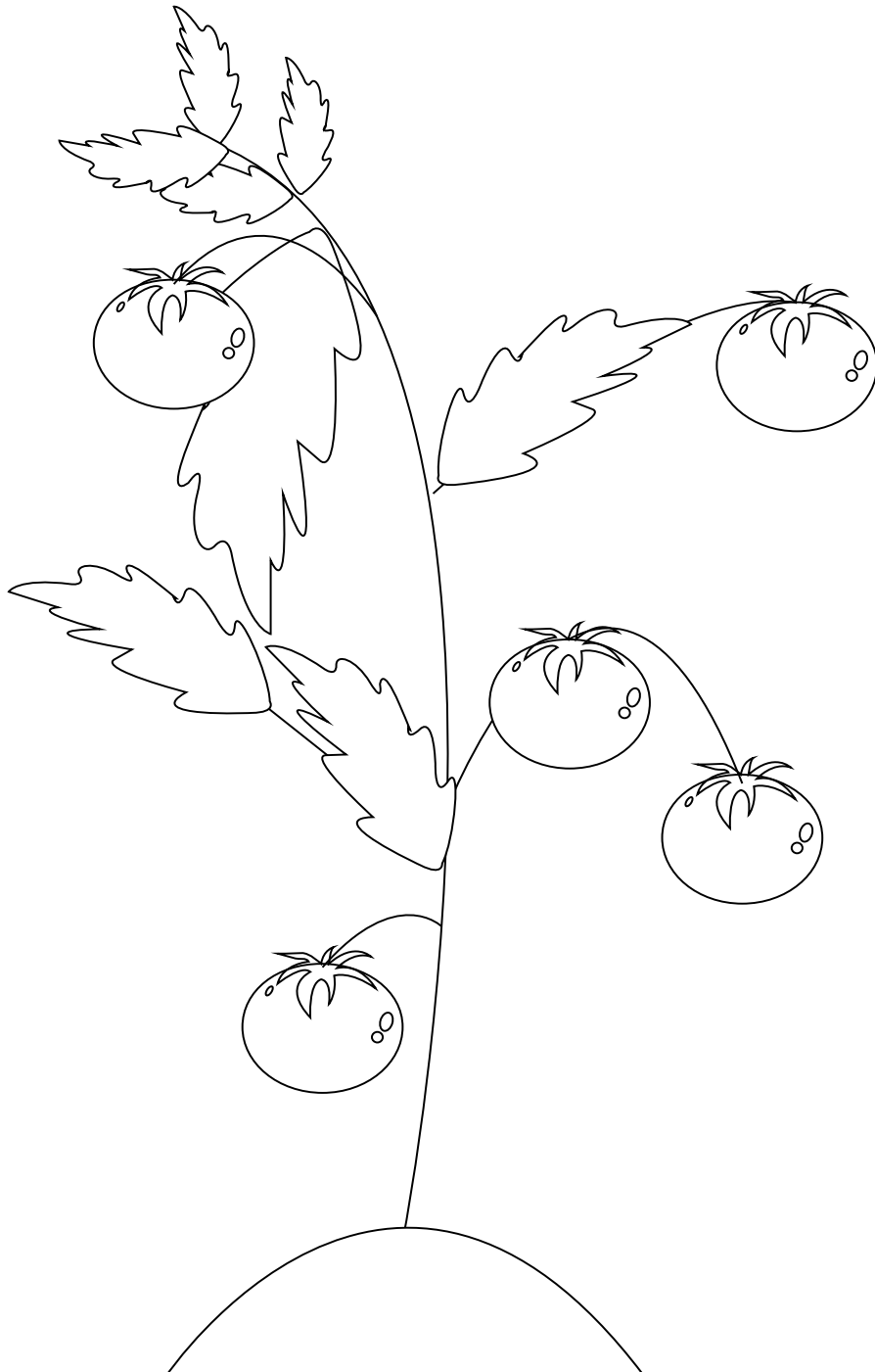
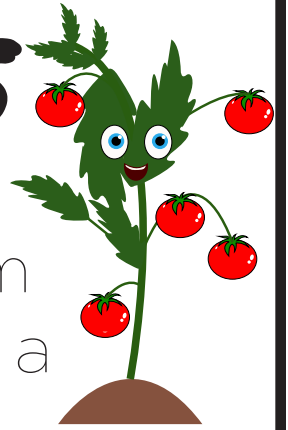
ALL ABOUT SEEDS

People (like you and your parents) buy them at the store.

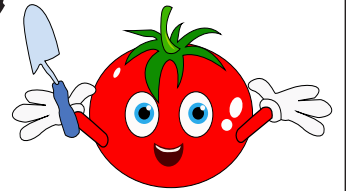


ALL ABOUT PLANTS

The Tomato plant goes through different stages, from seed to vine, until it becomes a tomato plant.

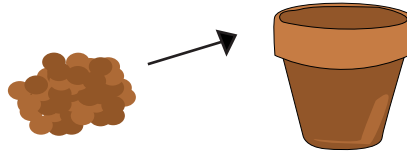


Let's Garden!



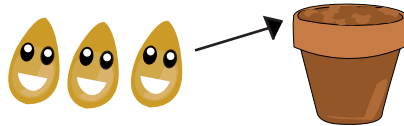
1

Fill the pot with the soil mix to within 1/2" of the top. Firm the mix but don't compact it.



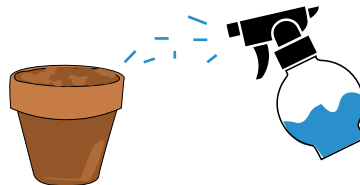
2

Place two or three seeds into the pot.



3

Watering: use a plant mister or just dribble a stream of water over the top. Keep the soil moist at all times, but not soaking wet.



4

Place the pots in a warm spot by a sunny window or outdoor space.

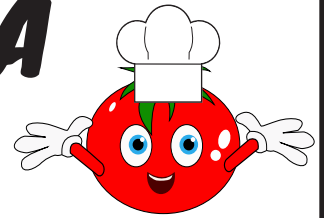


5

Check pots daily for growth!



Let's Cook: SALSA



1

Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt, and pepper in a bowl.



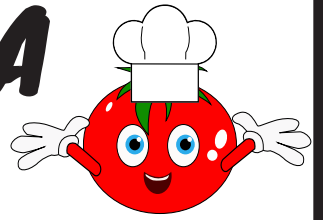
2

Serve with chips!



**Place chips
here!**

Let's Cook: PIZZA



- 1** Preheat oven to 375 degrees F (190 degrees C).
- 2** Cover dough with tomatoes, basil, scallions, bacon, garlic powder, oregano, and red pepper. Spread cheese on top.

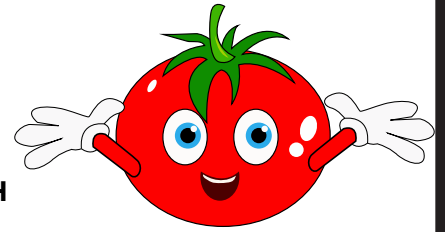


- 3** Cover loosely with aluminum foil. Bake in preheated oven for 30 minutes. Remove foil from top of pie and bake an additional 30 minutes. Serve warm or cold.

LET'S PLAY!

Tomato Nutrition Facts

FIND THE WORDS BELOW IN THE SEARCH



T W T E I P T Z U F R I M B R
N V I T A M I N S I I U X U C
A J G Y N T I F I P I B W I W
D J U K O Z B F J S W V E G Q
I K R N U L F W S U N B O R L
X M P Z E K Q A S Y U T Q J X
O H S K K I T M V F Z H F U D
I K I J D O Q I Q W A P R E X
T U C K P C T J D Q J M K E V
N X Y K Y Q U Y D Q D E A M H
A U A F F X I N W I D D F A C
K F X A F F W U F J A Q C S F
N H B V V U J V M K I W W A F
Y N L Y E V Z K S S X A D F P
O T R J H S M E H R D Y Y F J

FIND THE WORDS AND LEARN ABOUT THEM!

1. ANTIOXIDANT

good for your heart health & lowers your risk of infections

2. VITAMINS

helps growth & repairing your body

3. FIBER

controls blood sugar & cholesterol levels

4. POTASSIUM

Regulates the body's water & acid-base balance