

# Tomatoes

Tomatoes are fruits and can be eaten raw or cooked. Everybody has seen a red tomato, but did you know there are green, yellow, orange, pink, black, brown, white, and even purple tomatoes?

If you measured me from my head to my feet, I still wouldn't be as tall as the world's tallest tomato plant, which was measured to be 6 feet tall. That is about six stories tall! Whoa?

Vitamin C: Oranges aren't the only source of Vitamin C. Tomatoes have nearly a third of your recommended daily intake of Vitamin C. Your body needs Vitamin C to grow and repair tissues in your skin and muscles.

Growth Regions: East Texas and Rio Grande Valley

Peak Growing Season: April - November



## Breakfast Menu

### Activities

#### Word Bank

- WATERMELON
- VITAMIN B
- TOMATOES
- VITAMIN C
- ANTIBODIES
- MUSCLES

#### Word Search

BBNIMATIVN  
 CNIMATIVOI  
 EENRITSLNB  
 LEADIOETTS  
 BARIOMNTSE  
 UARIRAOVSL  
 EDLEOTLILC  
 ANTIBODIES  
 EAOCOMEINRU  
 WAABOSTINLM

3	4	5	6	7
8	9	10 Breakfast Burrito Salsa Fruit Juice	11 Assorted Cereal Yogurt Grape Juice	12 Breakfast Pizza Pineapple Juice
15 French Toast w/ Syrup Fresh Grapes Apple Juice	16 Assorted Choice of Cereal Banana Orange Juice	17 Chicken Biscuit Apple Juice Pineapple Fruit Juice	18 Pancakes Apple Slices Oranges	19 Cinnamon Toast Fruit Juice Applesauce
22 Crazy Toast Orange Juice Grapes	23 Lucky Charms Turkey Sausage Apple Juice	24 Breakfast Burrito Salsa Fruit Juice	25 Assorted Cereal Yogurt Grape Juice	26 Breakfast Pizza Pineapple Juice
29 Fresh Grapes Apple Juice Panther Toast w/ Syrup	30 Assorted choice of cereal Banana Orange Juice	31 Chicken Biscuit Apple Juice Pineapple		