

Terrific Tomatoes

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Where do tomatoes come from?



Tomatoes are the delicious red fruit that grows on a tomato plant. They typically grow to between 1 and 3 meters long.

Tomatoes are often thought to be a vegetable but because they have seeds and grow on a flowering plant they are actually botanically classified as a fruit.

Originating in Central and South America, tomato plants are now grown across the globe.

The tomato was first used as a food in Mexico and were **normally yellow not red**. There are now more than 7500 varieties of tomatoes!

Tomatoes can be eaten raw, put into a tasty pasta sauce, spread on a pizza base and tossed into a salad. Yum!



Tomatoes are 95% water and are rich in lycopene, an antioxidant that is SUPER good for your heart.

Tomatoes are easy to grow and love sunshine so summer is a great time to plant your very own tomato plant.

Quiz

1. Tomatoes were originally yellow - true or false
2. Are tomatoes classed as a fruit or a vegetable?
3. What percentage of a tomato is water?