

## TastEd lesson 1



# See



### Many Shapes and Colours - Tomatoes

#### Learning objectives

**Duration:** 45 minutes - 1 hour

The focus of this lesson is looking at different varieties of tomatoes and using our senses to talk about how one type of fruit or vegetable can come in many different colours and shapes.

#### Resources

**Equipment:** colander, chopping board, knife, a reusable or paper plate for each child (or paper napkin).

**Tomatoes:** Buy as wide a range of different tomatoes as you can find, with different shapes and colours eg: cherry, big round beefsteak, larger or smaller plum or oval, yellow, orange - black, brown or stripy even! If you grow tomatoes in school, use those. Maybe you have some parents in the class who grow their own tomatoes, in which case you could ask for donations - it's nice to have some unripe green tomatoes as a point of comparison. As always, it is better to have a small amount of really delicious and unusual tomatoes than a larger quantity of flavourless or watery tomatoes.

**Preparation:** Before you start, rinse produce in a colander and make sure the children wash their hands.

#### Lesson Outline

1. Today we are learning to explore food with our senses. This is called TastEd.
2. Introduce the senses: ask the class, 'Can anyone tell me what the five senses are?' [Sight, touch, hearing, smell and taste] For each sense ask the children which part of the body they use.
3. Introduce the two golden rules of TastEd: NO ONE HAS TO TRY and NO ONE HAS TO LIKE anything.
4. Today is about SEEING.
5. We are talking about many colours and shapes of tomatoes. Don't worry if you are scared of tasting tomatoes because we are mainly going to be just looking at them.
6. Ask for a show of hands of how many people like tomatoes. How many don't? Explain it's OK not to like tomatoes - but maybe you will like them one day. Can you tell me why you like/dislike them?
7. Are tomatoes always red? If not, what other colours can you see? (see PowerPoint slide 8). Do green or yellow or orange tomatoes taste different?
8. What does it tell us about tomatoes when they are green (Usually at least one of the children will mention ripeness. If not, you can prompt it.)
9. Are tomatoes always the same shape? (Show photo of tomatoes on PowerPoint slide 10)
10. Hold up a tomato. 'Now here is a real, red tomato. Can you tell me what you see?' Write the children's responses down on a white board or piece of paper.
11. What sizes of tomatoes can you see? (small, big, bigger, biggest?)
12. Cut open some of the tomatoes to show the seeds. Still talking about SEEING, does the inside of a tomato LOOK the same as the outside? Can you describe the LOOK of the inside?

13. Pass around plates and offer some contrasting coloured tomatoes to each child to taste, with a reminder that no one has to taste. For the children who don't like the tomatoes, give them some new sensory techniques for trying. Remind the children that it is brave to try. If you can't bear to put it in your mouth, you could try licking or smelling it. That is still trying!
14. During and after the tasting ask the children: Did the tomatoes that looked different taste different too?
15. Can you tell me what you saw and what you tasted? This is a great time to go round the whole class in a circle and get every person to say one thing while the others listen.
16. Did anyone try any new foods today? Remember that this needs to be encouraged - trying in your mouth is great, but other ways of trying (like licking, touching, listening to someone else eat it) are fine too. You can even 'try' food with your eyes. Just the act of naming a tomato and comparing it to other things can be an important first step towards eating and enjoying for young children.

## Word Bank for See and Tomatoes

**Colours:** red, yellow, green, orange, stripy

**Shapes:** round, spherical, oval, ovoid, pear-shaped

**Adjectives:** ripe, unripe, squashy, smooth, shiny, slimy, wobbly, bumpy

**Metaphors and similes:** Some children may give very simple and literal descriptions. 'The tomato is red'. 'The tomato is round'. Some children may be encouraged to think of more metaphorical descriptions. Start to encourage more vivid descriptors: 'like a football', 'like an egg', 'like a planet', 'like a peach'.

One five year-old girl told us that the stalks of a tomato sometimes looked like stars! If you have unusual shaped tomatoes this can also generate some great descriptions. Some five year-olds looked at an orange pear-shaped tomato and said it was 'like a light bulb' 'like an orange pear' 'like an ogre's club'. A large beefsteak tomato was described as 'like Cinderella's coach'.

## Success Criteria

- I can use my eyes to explore tomatoes.
- I can use different words to describe the LOOK of differently coloured shaped tomatoes.
- I can learn that there are different ways to 'try' food. I can try a food with my eyes as well as with my nose or my mouth.
- I can talk about what I like and understand that not everyone has the same tastes.

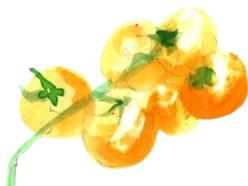
## Curriculum links

**Communication and Language:** Uses talk to organise sequence and clarify thinking, ideas, feelings and events.

**PSED:** Talking about needs and opinions. 'Children are confident to speak to others about their own needs, wants, interests and opinions' (by talking about which tomatoes they like best and why).

**Understanding the World:** Children can identify patterns of similarities and differences in relation to places, objects, materials and living things.

**Literacy:** (Optional writing task) Attempts to write short sentences in meaningful contexts



## School Kitchen

Linked to children choosing tomatoes in the salad bar and maybe recognising that tomatoes are contained in the sauce of dishes such as pizza and pasta.

## Optional further activities

If you have taught the lesson in the morning, in the afternoon the children could do an optional extra task.

**Literacy:** Write a short sentence describing their experience of tomatoes in the morning.

**Art:** Create an observational painting/drawing of a tomato.

## Background facts for teachers

Tomatoes are usually green when unripe and red when ripe, but there are varieties of ripe green tomatoes for example the *Green Zebra* tomato.

In the UK, the Isle of Wight is one of the main places for growing tomatoes. They are traditionally a summer crop but because of poly tunnels they are now grown throughout the year.

Tomatoes are in a family of plants known as Nightshades, which also includes peppers, potatoes and aubergines.

