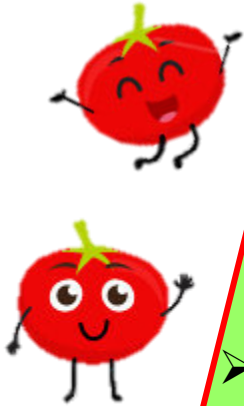


SNACKBite

Tomato



- Tomatoes originated in South America, grown by the Maya and Aztec people. Spanish explorers introduced the tomato to Europe in the 1500's.
- Lycopene is responsible for the red color of tomatoes. It is an antioxidant that can help fight against toxins in the body and protect the skin from sunburn.
- Botanically a fruit, the US Supreme Court ruled the tomato a vegetable in 1893 because it is not eaten or prepared like a fruit.
- The average American eats over 90 pounds of tomatoes every year. Think about the tomatoes in your salsa, pasta sauce, pizza sauce and sandwiches.
- The Vitamin C in tomatoes is important for keeping body tissues, such as gums, bones, and blood vessels in good shape.
- What did the track coach say to the little tomato that was lagging behind the others in the race?
 - You better catch up! (Ketchup)



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.