# Chef Toni loves to cook and work hard in her kitchen to make her favourite dishes.

Toni grows her own fruit and vegetables, and uses her fresh tomatoes for a sweet, yummy taste!

Tomatoes are high in vitamin C which our bodies need to keep germs away. Vitamin C also helps our heart and brain to be strong and healthy!

Tomatoes are grown above the ground on a plant. They can be started from a seed indoors, and then grown either outdoors, in a greenhouse, in pots or in the ground. These tender plants need a warm, sunny, sheltered space if grown outdoors. They also love a long hot summer.

NURSERY KITCHEN

# Did you know that tomatoes are a fruit, not a vegetable?

Believe it or not, tomatoes aren't always red. They can be yellow, pink, purple, black and even white!

Tomato seedlings have been grown in space before

China is the country that produces the most tomatoes in the world

There are as many as 300 seeds in a single tomato

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Tomatoes are found in lots of dishes from all over the world such as salad, curry, pasta, soup, chilli and more! They are fantastic for roasting, grilling, frying and blending.

There are over 10,000 varieties of tomatoes on the planet in almost every colour and size you can think of! Chef Toni loves to use cherry tomatoes to add delicious flavour to her meals for her friends to enjoy.

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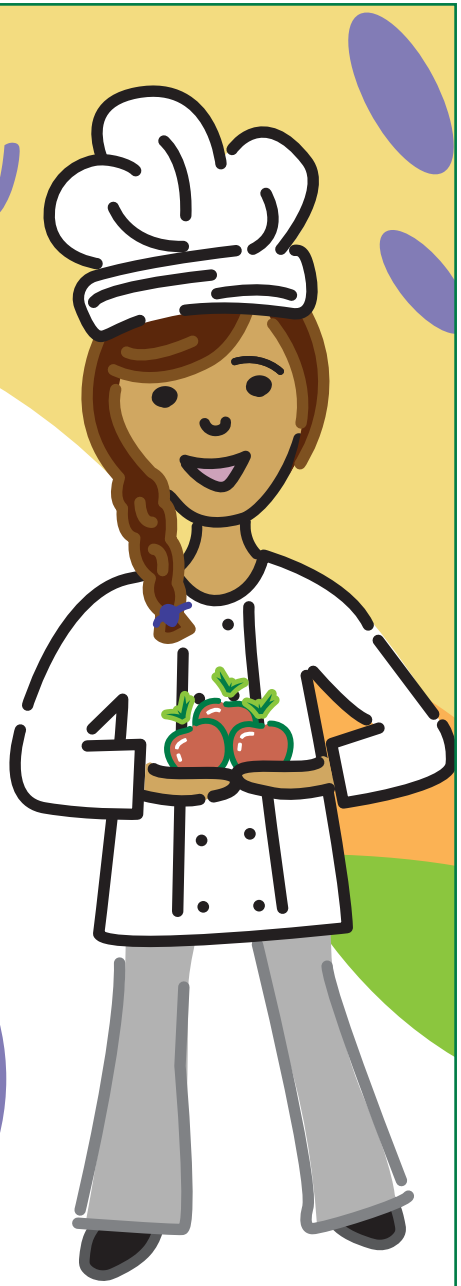
# Tomato vocabulary

| | |
|---|---|
| Juicy | Seeds |
| Fresh | Round |
| Red | Sauce |
| Plant | Size |

How many types of tomatoes can you find at the supermarket?



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