

Find out  
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# Tomatoes



Is it a vegetable or fruit? Although we eat tomatoes both as a salad vegetable and cooked, they contain seeds so they are really a fruit. Most tomatoes are red, they can also be orange, yellow, green, or almost black, and some are striped like tigers!



Tomatoes were first grown for food in Central and South America, in countries like Peru and Mexico. They were brought to Europe by the Spanish explorers and then to Britain in the time of Queen Elizabeth I. Some people thought they were poisonous, and tomatoes were not eaten by many people until Georgian times in the mid-1700s.



Tomatoes come in all sizes - including giant 'beefsteak' tomatoes and tiny cherry ones. Apparently, the biggest tomato ever was grown in the US and weighed 3.5kg - that's the same as a newborn baby!



Tomatoes are full of vitamin C which we need for healthy skin and gums. Just one tomato or seven small cherry tomatoes counts as one of your 5 A Day.

Try  
something  
**NEW!**

Try some  
tomatoes  
and get  
your sticker!

