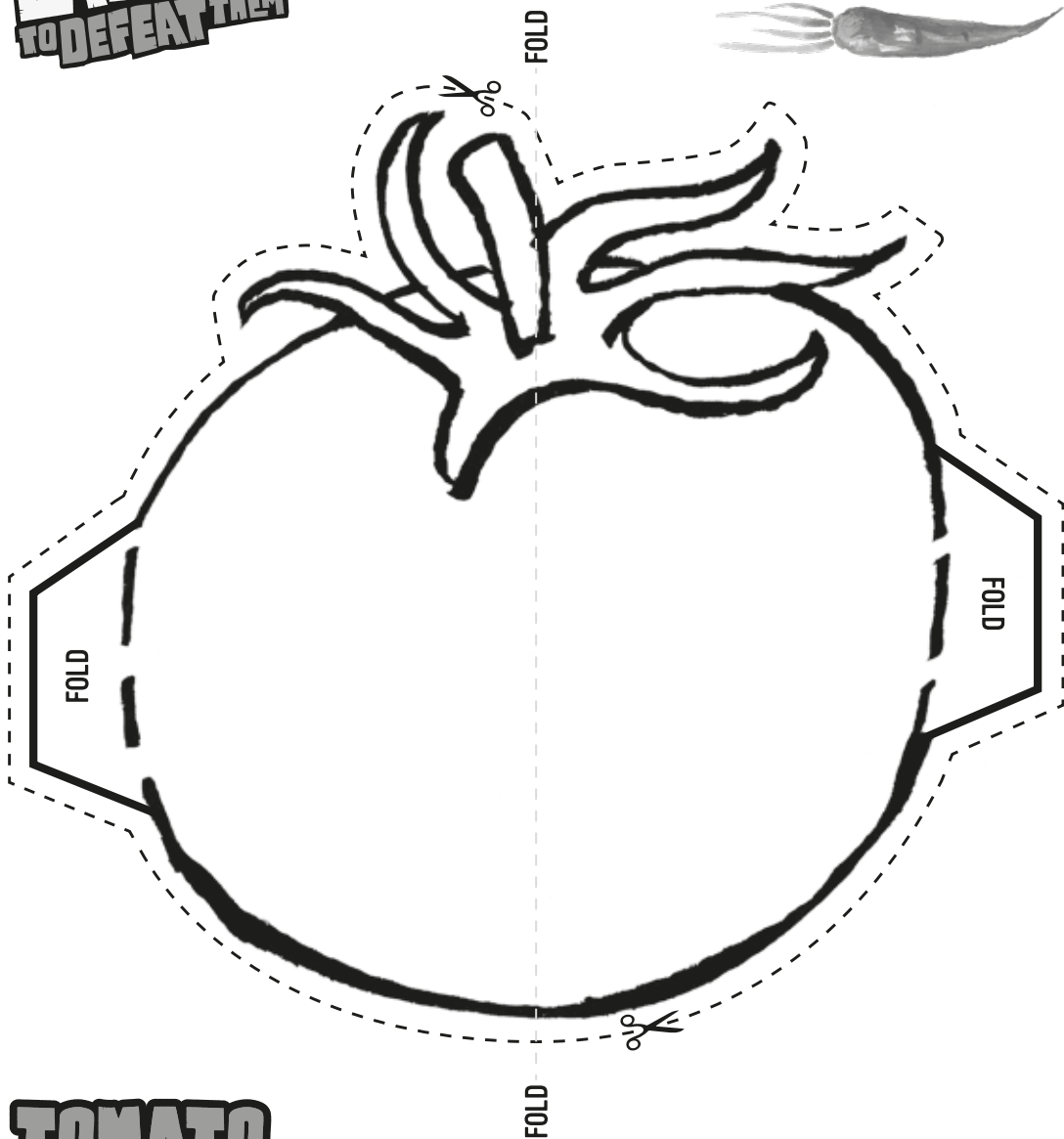


**EAT THEM
TO DEFEAT THEM**

TastEd



TOMATO

Tomatoes are by far the most popular vegetable in the world (although botanists say they are a fruit because they have seeds on the inside).

SMELL: Take some cherry vine tomatoes (red or yellow), wash them and smell the outside. Try to say what the smell reminds you of. Now cut one of the tomatoes open and smell it again. Is the smell stronger or weaker? Now taste the tomato if you like and see if it tastes the same as it smells.

TastEd is short for Taste Education. It is a fun programme of food literacy designed to help children learn to love vegetables and fruits. For more information go to www.tasteeducation.com

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