

Cherry Tomatoes



- Because the tomato has seeds and grows from a flowering plant it is actually a fruit and not a vegetable.
- Pretty much all tomato varieties are red although other colors are possible including green, yellow, orange, pink, black, brown, white and purple.
- Tomatoes are good for your heart, eyes, and have vitamin C which helps keep us healthy!
- Tomatoes are in pizza and spaghetti sauce! What's your favorite way to eat tomatoes?
- The world's heaviest tomato was grown in Oklahoma in 2013. It weighed 7lb 12oz.



[Click here to See the Tomato Song](#)

OKCPS School Nutrition Services

