



FOOD TIPS FOR MOMS & TOTS

TASTY TOMATOES

MOTHER -

Tomatoes are a good source of vitamin C. This is important for growing children as well as for adults. Vitamin C helps keep gums healthy and plays an important part in the blood, too.

Since tomatoes grow from flowers and have seeds, they are really fruits; but people eat them like vegetables.

When cooking tomatoes, the heat destroys some of their vitamin C, so don't forget to sometimes serve tomatoes raw.



Have you tried these different varieties of fresh tomatoes?

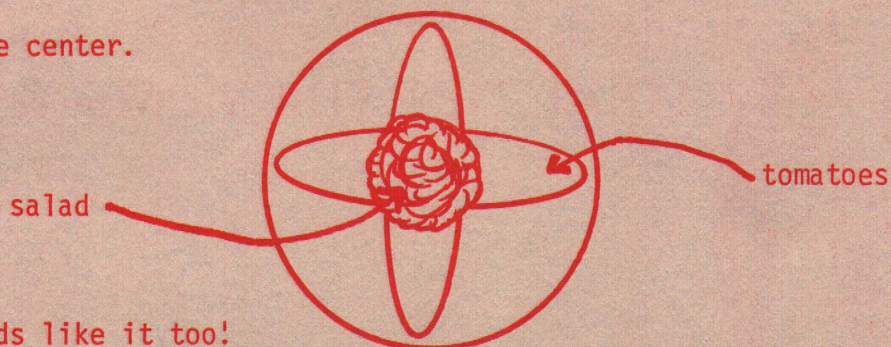
1. The typical round tomato, 2. The oval shaped Italian tomato, 3. The tiny cherry tomato. Canned tomato products also come in many ways: tomato paste, tomato sauce, tomato puree, tomato juice, tomato soup, tomato catsup, canned tomatoes.

YOU AND YOUR CHILD

Serving Idea

Wash a tomato and cut it into wedges. You may want to remove the skin if it is thick.

Have your child place the 4 wedges on a plate and put a scoop of tuna or chicken salad in the center.



Big kids like it too!

Family Goulash

STEPS FOR:

MOTHER

CHILD

1. Measure ingredients:

4 ounces noodles



1 pound ground beef



1 medium onion chopped



1 16 ounce can corn



1/4 pound grated cheese or slivered cheese food (about 1/2 cup)



1/2 cup catsup



1 14 1/2 ounce can tomatoes



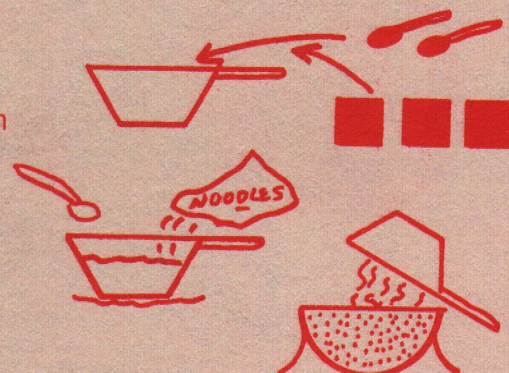
2 teaspoons salt



1/4 teaspoon pepper



1 green pepper chopped (optional)



2. Add 3 cups water and 2 teaspoons salt to sauce pan

3. Bring to boil and add noodles

4. Boil uncovered, stirring occasionally for 7 - 10 minutes

5. Drain in sieve or colander.

6. While noodles cook, cook and stir ground beef and onion in large skillet until meat is brown and onion is tender.

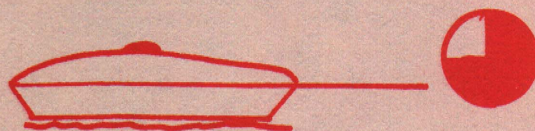
7. Drain off the fat.

8.



Stir in drained noodles, corn, catsup, tomatoes, salt and pepper

9. Cover and simmer for 30-45 minutes.
10. Serve. Makes 5 to 6 servings.



YOUR CHILD

Help your child countdown the tomatoes by having him or her cut out with blunt scissors 4 squares of tomatoes from the bottom and paste in the rectangle "4 tomatoes;" 3 squares of tomatoes for "3 tomatoes;" 2 squares of tomatoes for "2 tomatoes;" and finally 1 square of tomato for "1 tomato."

1 tomato

2 tomatoes

3 tomatoes

4 tomatoes



Prepared in part from research projects supported by the Agricultural Experiment Station and by Special Needs Fund of the Extension Service, USDA, Michigan State University cooperating.