Energizer of the Month:

More Tomatoes Please!

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

Ready:

- Have students spread out within the classroom or behind their desks with chairs pushed in. Students should be able to stretch their arms out in any direction without touching anything.

Set:

- Tell students: Tomatoes are eaten all over the world in lots of different ways. Let’s see how many ways we can think of right now. Remember, you can still name a way to prepare tomatoes even if you do not like that dish or have never tried it.

Go:

- Say: We will all start out doing scissor jumps* while we try to think of a way to eat tomatoes. When you have thought of a way that has not already been said, you should stand still and do bicep curls and I will call on you to share. After you have given your answer, go back to scissor jumps until you think of another way to eat tomatoes.

- If the class gets stuck you can use these prompts:
  - How can you eat tomatoes for breakfast? Lunch? Dinner? Snacks?
  - What kind of sauces are made with tomatoes?
  - What Italian foods have tomatoes in them?
  - Can you name Latin or Mexican dishes that contain tomatoes?
  - Anybody know how people in Asia or Africa eat tomatoes?
  - How does your family eat tomatoes at home?

*Scissor jumps: Jump and land with one foot in front of the other. Jump again and quickly reverse feet.