

Tomato

Sink your teeth into this incredibly juicy snack!



Try it!
The tomato has a very complex taste with flavors of sweet, sour, salty, and savory. All these flavors combine to form one good snack!

Veggie
FUN!



Fun Facts:

- Tomatoes are 95% water.
- Although tomatoes are actually a fruit, they are eaten and regarded as a vegetable



Nutrition

Tomatoes are high in an antioxidant called lycopene. This helps your heart stay healthy and protect you from cancer.

