

**EAT SMART,
EXERCISE,
HAVE FUN**



Hot Tomato

Kids will get wet and learn about seasonal fruits and vegetables with this new version of a classic game.



PERFECT FOR...

- Ages: 8+
- Size of Group: 10+
- Time: 15–30 minutes
- Setting: Outdoors, indoors

MATERIALS

10 water balloons,* or 1 sponge and 1 clean bucket

SETUP

1. Before doing this activity, make sure parents are aware that their kids may get wet.
2. Read Water Safety Tips (p. 19) and prepare the area.
3. Fill water balloons with help from kids, or fill bucket with water, if using.

See “Make It Your Own” below for different ages, group sizes, and time available.

* **CHOKING HAZARD** — Children age eight and younger can choke or suffocate on uninflated or broken balloons. Adult supervision required. Keep uninflated balloons from children. Discard broken balloons at once.

STEP-BY-STEP DIRECTIONS

1. **DO:** Have kids sit in a circle.
2. **SAY:** “Today we are going to play a game called Hot Tomato. Some of you know the game Hot Potato, but tomatoes are a seasonal vegetable, so we are going to play Hot Tomato. All fruits and vegetables are picked in a season — seasonal fruits and veggies are just picked in one particular season rather than all of them. For example, tomatoes, corn, and many other fruits and vegetables are picked in the summer, so we can say they are in season, or “seasonal,” right now. For this game, you will need to know some summer fruits and vegetables. Who knows some fruits and vegetables that are harvested in the summer?” Take answers from kids and use examples provided on page 21 for more.
3. **BEFORE YOU PLAY:** Go over the Water Safety Tips on page 19. Anyone who breaks the rules will automatically be out for the rest of the game.
4. **PLAY:** Give one kid the “tomato” (a water balloon or soaked sponge). Sitting in a circle, pass the tomato from person to person while chanting the Hot Tomato Rhyme (below). When you reach the end and everyone says, “More!,” the kid holding the tomato must burst the balloon or squeeze the sponge over his or her head. Repeat with other seasonal fruits and vegetables, as suggested by kids.
5. **WRAP UP:** “That was fun! Remember, it’s easy to make half your plate fruits and vegetables when there are so many delicious seasonal fruits and vegetables.”

OPTIONAL FOLLOWUP:

- Have a competition to see who can remember the most seasonal fruits and vegetables.
- Hold a spelling bee for kids to spell the seasonal fruits and vegetables.

Hot Tomato Rhyme

**One tomato, two tomato, three tomato, four.
Five tomato, six tomato, seven tomato, more!**



Make It Your Own

AGES

For younger kids, use a sponge instead of the balloons, and write seasonal fruits and veggies on large-sized paper in advance.

For older kids, play a round where they pass the sponge or water balloon while spelling a fruit or vegetable one letter at a time.

GROUP SIZE

For smaller groups, toss the water balloon or sponge back and forth.

For bigger groups, use two “tomatoes” at a time.

TIME AVAILABLE

If you have less time, use sponges instead of water balloons.

If you have more time, ask each kid to list as many seasonal fruits and vegetables as possible.

No materials? No time? No problem!

Try this quick tip when serving food or when kids are eating. Say, “You can enjoy the taste of fruits and vegetables year round, but many fruits and vegetables are freshly picked in the United States (U.S.) during the summer. This means they taste great and they are easier to get. Who knows some fruits and vegetables that are harvested in the summer?”