

Hi, I'm Henry...

...and I'm Holly!

We're the Tomato Twins!



Did you know that
a tomato is really
a type of fruit?

It's important
to eat lots
of fruit and
vegetables. We
don't just taste
great. We're
really good for
you too!



Which is your favourite?



Eating healthy
food helps your
body to grow and
gives you energy.

So you can do
all the things
you love to do!





Tomatoes are amazing!
We're just bursting with
goodness.



Tomatoes are a source of
vitamin C, so we're a handy
part of a healthy diet.



But... do you know where
tomatoes come from?



We didn't fly to Earth from another planet... We weren't created by a wizard's magic spell... And we didn't start our life on a supermarket shelf!



To help you
understand where
we come from,
we're going to show
you our...

**FAMILY PHOTO
ALBUM!**



FAMILY ALBUM

That's us on the
cover, when we
were younger!

Let's look inside!



SEEDS

In the beginning, we
were a tiny seed.



There we are.
Weren't we cute!

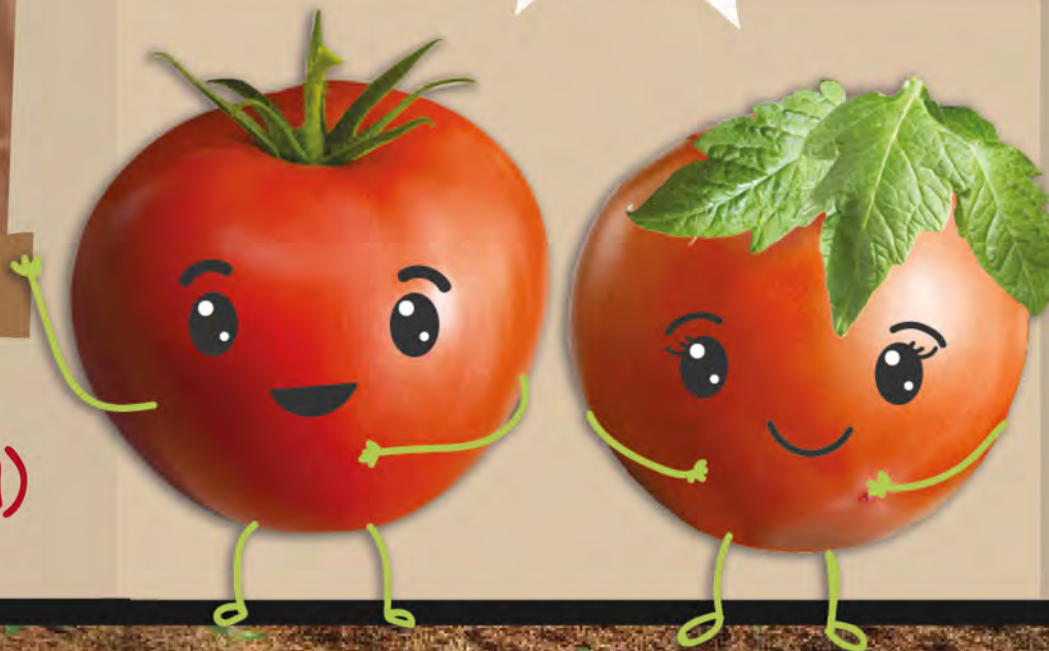


COMPOST



We were put into a small pot filled with a special soil called compost.

The soil helped to give us energy to grow, just like you get your energy from food.



Week 1 (Between February and April)



We were put on the windowsill, so we could have lovely warm sunlight.

We were also given lots of water - every five days. The water we didn't need drained away through the holes in our pot.

SUNLIGHT



WATER

The sunlight and water helped us grow.



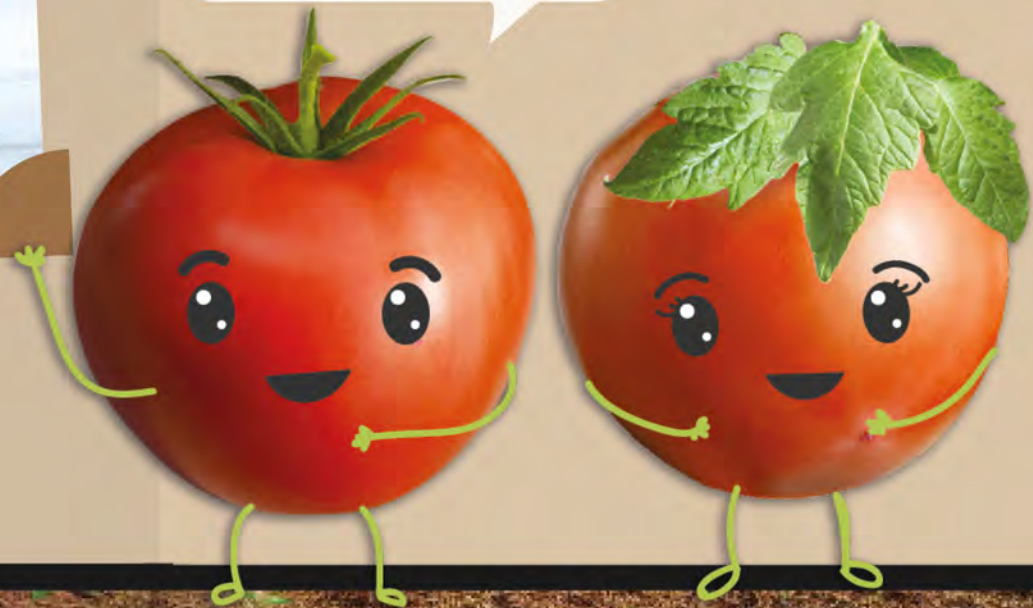
SEEDLING



After about two weeks, our little green stem and leaves poked out of the soil.

Peek-a-boo!
We were a seedling.

Week 3



STEM

We grew taller. More leaves grew on our stem.

We still needed lots of water and sunlight.



LEAVES



ROOTS



Our roots had grown too, under the soil.

We were ready to be moved carefully into a bigger pot, so our roots could spread out. Much better!



Weeks 9 to 12



FLOWERS



As time passed,
we became
beautiful yellow
flowers.

We were part
of a cluster
or group of
flowers.

Weeks 13 to 20

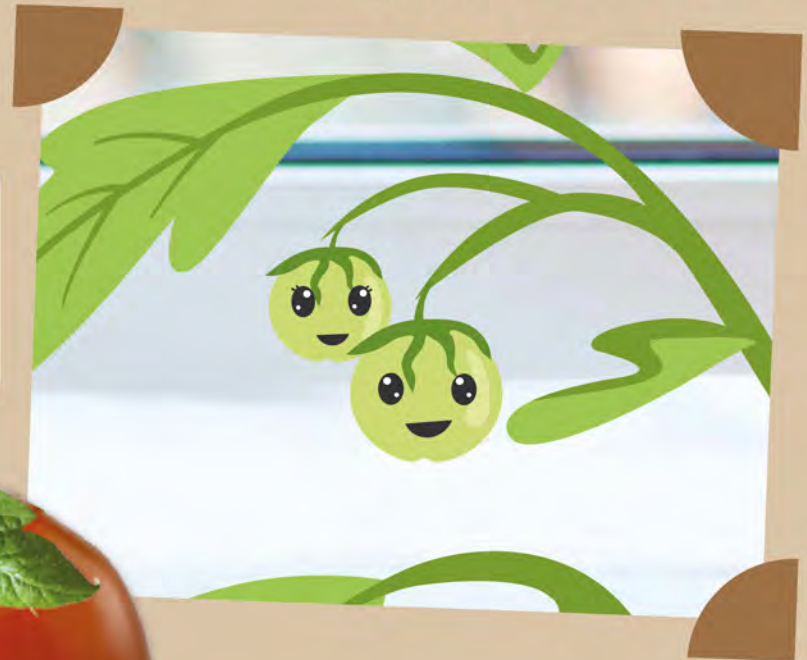


FRUIT

Weeks 16 to 20

Our petals faded
and we began to
turn into fruit.

That's right. A
tomato is a fruit,
not a vegetable.



We started out as
tiny green balls.



FRUIT

We grew bigger
and **BIGGER!**

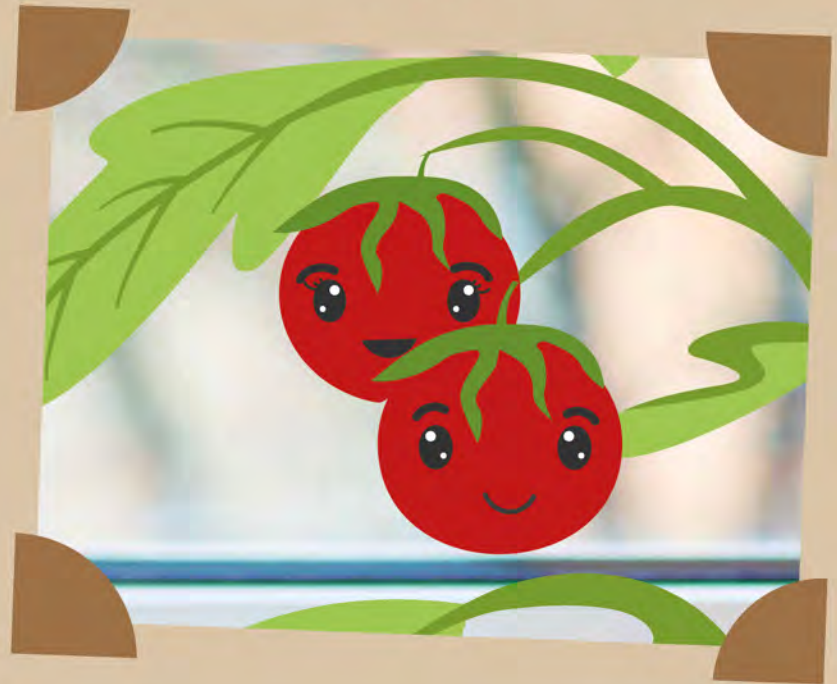


FRUIT

At last, we turned from green to red. We were ripe and ready to be picked!



Weeks 22 to 25



Don't we look delicious!
Tomatoes are enjoyed in
all kinds of foods.





There are so many
yummy foods that
contain tomatoes. What
are your favourites?

You find us in salads,
soups, sandwiches,
pizza, sauces, baked
beans and...



...Ketchup!

Did you know that
tomatoes are used
in dishes all over
the world?



Well, that's the story of how we grew from a tiny seed into the gorgeous tomatoes we are today.

Can you remember all the things we needed to grow?

So, the next time you bite into a yummy, healthy tomato, you'll know where it came from.

