



Make Bruschetta



For an easy cooking activity with tomatoes, try making a simple bruschetta with your students. Use child-safe bop-choppers or pull choppers to have them chop the tomatoes and garlic. They can rip up the basil leaves by hand, and mix up the salt, pepper, balsamic and olive oil to make a dressing.

INGREDIENTS & SUPPLIES

- Fresh tomatoes, chopped
- Garlic, chopped (if desired)
- Small pieces of toasted bread
- A little olive oil
- Fresh basil, whole leaves to tear
- French bread works best, but you can use any bread
- A bowl and spoon for mixing ingredients

DIRECTIONS

1. Explore: Let children look at, smell, and gently touch the tomatoes. Talk about their color, shape, and texture. Smell the basil– how would they describe it?
2. Chop and tear: Using bop-choppers or pull choppers, chop the tomato and garlic. Give children basil leaves to tear into small pieces.
3. Mix: Place the chopped tomatoes and basil into a bowl and gently stir with a spoon. Drizzle in a little olive oil and mix again.
4. Build: Spoon the tomato mixture onto pieces of toasted bread.
5. Taste & Talk: Invite children to taste their bruschetta and describe what they notice—is it crunchy or juicy? Does it taste sweet?