The Traveling Tomato

FUN FACT

Though we often think of Italian food when we think of tomatoes, they actually originated in South America and were not introduced to Europe until the 16th century. For many years, Europeans thought tomatoes were poisonous and only grew them as decorative plants!

DISCUSSION STARTERS

1. Ifyou could introduce a new food to acountry that'snever had it before, what would you choose and why?
2. What's your favorite way to eat tomatoes? How different do you think Italian food would be without them?
3. Can you think of other foods that came from surprising places?

The Hidden Life of Honey

FUN FACT

Honey never spoils! Archaeologists have found 3,000-year-old honey in Egyptian tombs that is still perfectly edible. A single bee in her lifetime makes only about 1/12th of a teaspoon of honey.

DISCUSSION STARTERS

1. *If you could preserve one food forever like honey, what would it be?*
2. *How many flowers do you think a bee visits to make that 1/12th teaspoon of honey?*
3. *What's your favorite way to use honey in food or drinks?*

The Color-Changing Corn

FUN FACT:
The colorful varieties we know today were developed over thousands of years by Indigenous peoples in the Americas.

DISCUSSION STARTERS:

1. *If you could create a new color of corn, what color would you choose?*
2. *What's the most unusual colored food you've ever eaten?*
3. *How do you think different colored versions of the same food might taste different?*

The Apple Adventure

FUN FACT: There are over 7,500 varieties of apples grown around the world, and apples grown from seeds are always different from their parent tree!

DISCUSSION STARTERS:

1. *•If you could create your own perfect apple variety, what would it taste like?*
2. *How many different kinds of apples have you tried? Which is your favorite?*
3. *What makes some apples better for baking and others better for eating fresh?*

NutraPlanet

The Spicy Secret

FUN FACT: Spicy foods aren't actually hot. Capsaicin tricks your brain into feeling heat. Birds can't feel spiciness at all!

DISCUSSION STARTERS:

- **What's the spiciest food you've ever eaten? What happened?**
- **Why do some people love spicy food while others don't?**
- **What other foods do you think taste different to animals?**

The Chocolate Challenge

FUN FACT

Chocolate comes from the cacao plant, whose scientific name is Theobroma cacao*, meaning 'food of the gods.' It takes about 400 cacao beans to make just one pound of chocolate!

DISCUSSION STARTERS

- If chocolate is called 'food of the gods,' what food would you give that name to?
- How many chocolate bars do you think could come from one cacao pod?
- What's your favorite way to enjoy chocolate?

The Mushroom Mystery

FUN FACT

Mushrooms are more closely related to humans than they are to plants! They don't need sunlight to grow, and some mushrooms can even glow in the dark.

DISCUSSION STARTERS

- If you could make any food glow in the dark, what would you choose?
- Would you ever want to try a mushroom that glows? Why or why not?
- How do you feel about trying foods that look different or unusual?

Tips for Using These Cards

TIPS

- Choose one card per meal to keep conversations flowing naturally
- Encourage everyone to share thoughts and experiences
- There are no wrong answers, the goal is fun and learning together
- Feel free to create your own follow-up questions