

**SEPTEMBER**

# CANTALOUPE

## MELON

**GRADE**  
**2-3**

<b>NEEDED SUPPLIES</b>	Cantaloupe, knife, cutting board, spoon to scoop out seeds, serving cup
<b>NEEDED RESOURCES</b>	“Sports Galore” activity break, botanical image of melon, “Ask your classmate: Food Quiz”, Hand washing, food tasting instructions and food safety tips
<b>21ST CENTURY SKILL</b>	Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet. <ul style="list-style-type: none"> <li>• Practice preventive health behaviors                     <ul style="list-style-type: none"> <li>• 2-3 Choose healthy foods</li> </ul> </li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• Students will gain knowledge of cantaloupe (plant part, how to recognize, how to eat, how to prepare).</li> <li>• Students will learn that cantaloupe is good for our skin and eyes.</li> <li>• Students will learn that friends and educator eat cantaloupe.</li> <li>• Students will learn to try new fruits and vegetables.</li> <li>• Students will learn how to be good tasters.</li> </ul>
<b>RECAP FROM SUMMER</b>	There are a lot of fruits and vegetables available in the grocery store and farmers’ markets over the summer. Who asked their grown-up to buy a fruit or vegetable over the summer months? Who would like to share about going to a farmers’ market? Or what you picked from the garden? What were some of your favorite fruits and vegetables you tried? You will have many chances to sample a variety of fruits and vegetables over this school year.
<b>WHAT YOU NEED TO KNOW ABOUT CANTALOUPE AND MELONS</b>	<ul style="list-style-type: none"> <li>• Look for a melon that is heavy for its size without cuts or bruises on the surface. The stem should give to gentle pressure.</li> <li>• Always wash the whole fruit under running water before preparing and eating (per FDA). Grown-ups should always use clean knives and cutting surfaces. Store cut sections in the refrigerator.</li> <li>• Cantaloupes range in size from 1-10 pounds.</li> <li>• Cantaloupe and honeydew have a hollow cavity that is filled with seeds that are scooped out before cutting.</li> <li>• Watermelons contain small black seeds throughout the flesh or come in a seedless variety.</li> <li>• Watermelon is the most common melon consumed in the United States by weight, then cantaloupe and honeydew.</li> </ul>
<b>PHYSICAL ACTIVITY</b>	“Sports Galore” from <u>Get Movin’ Activity Breaks</u> (Variation: Have students call out sports or activities they did over the summer and mimic them.)
<b>FUN FACTS ABOUT CANTALOUPE TO SHARE WITH STUDENTS</b>	<ul style="list-style-type: none"> <li>• Melons grow on the surface of the ground on a trailing vine. They grow in Iowa.</li> <li>• Flowers on a melon vine need to be pollinated (visited) by bees to make melons.</li> <li>• Cantaloupes are also known as muskmelons and rockmelons.</li> <li>• China produces the most cantaloupes in the world; United States is the 5th largest producer with over half grown in California.</li> </ul>
<b>PART OF PLANT</b>	Fruit- See fruit diagram with vine, leaves, melon bud, and blossom.

**MELON FEATURED TASTING:**  
**CANTALOUPE**



**ALTERNATIVES:**  
**HONEYDEW**



**WATERMELON**



<b>DISCUSSION</b>	<p>I will visit your class this year to talk about Pick a <b>better</b> snack™ and being healthy. We will do some fun activities, move around and taste a fruit or vegetable each month. Your teacher and I believe it is important for you to eat fruits and vegetables to be great learners.</p> <ul style="list-style-type: none"> <li>• Be brave and try it. We may bring something you have never tried before.</li> <li>• This is a time to try something new. Go home and tell your grown-ups what you tried.</li> <li>• Be respectful of your classmates and vote quietly with your thumbs: thumbs up- you like it, thumb half-way- it's okay, thumbs down- no thanks. It's okay to not like it, but we ask you to use nice words and be respectful.</li> <li>• Keep an open mind, even if you've tried it before. Did you know that you may have to taste something seven times before you realize that you like it? Try and try again.</li> <li>• Be safe. Wash your hands with soap and water (or use hand sanitizer if there's no sink). I will wear gloves when handling the food.</li> </ul>
<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>• Cantaloupe is an excellent source of Vitamin C, to help you ward off germs and keep you healthy. Put up your defense shield (cross your arms in front of your chest).</li> <li>• Cantaloupe is an excellent source of Vitamin A (one of highest among fruits), which is important for your eyesight. Put on your super goggles (make goggles with your fingers over your eyes).</li> <li>• Cantaloupe is high in fiber, which is good for digestion and helps you feel full longer (rub your tummy for good digestion).</li> <li>• Honeydew and watermelon are also good sources of Vitamin C.</li> </ul>
<b>ACTIVITY</b>	<p>"Ask your classmate: Food Quiz- How well do you know your classmate?"</p> <p>Pair up students to fill out the survey. This is a way for students to get to know each other and learn that other students eat fruits and vegetables.</p>
<b>TASTING</b>	<p>Show students a ripe, whole cantaloupe. Cut cantaloupe in half and show students the inside with seeds and how to scoop out the seeds. Cut into "smiles" (wedges). Make slices in each wedge, cutting to the rind. Make a final cut along the rind to separate the cantaloupe into bite-size pieces. Taste fresh cantaloupe. Child will vote with thumbs as to preference for cantaloupe. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat cantaloupe again?</p>
<b>CLOSING DISCUSSION</b>	<p>What is the name of the fruit we just tasted? Where can you find it? Look in the grocery store's fresh fruit and vegetable section. The produce (or fresh fruit and vegetable) section is usually the first thing you see when you go into the grocery store. Today we saw what cantaloupe looks like. Do you think you would be able to help your grown-up find cantaloupe in the produce section of the grocery store? Or at a farmers' market?</p> <p>We tried the cantaloupe all by itself today. Can you think of other ways to eat cantaloupe? Who will ask your grown-up for cantaloupe the next time they go to the store or visit a farmers' market or farm stand?</p>
<b>TAKE-HOME MATERIALS</b>	<p>Hand out "Ask me about...cantaloupe" stickers.</p> <p>Distribute and discuss the bingo card for the month. Send home parent newsletter.</p>
<b>REFERENCES AND RESOURCES</b>	<p><a href="http://www.fruitsandveggiesmorematters.org/honeydew">http://www.fruitsandveggiesmorematters.org/honeydew</a></p> <p><a href="http://www.watermelon.org/FAQ/FAQ-Funfacts.aspx">http://www.watermelon.org/FAQ/FAQ-Funfacts.aspx</a></p> <p><a href="http://www.extension.iastate.edu/foodsavings/content/produce-basics">http://www.extension.iastate.edu/foodsavings/content/produce-basics</a></p> <p><a href="https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/cantaloupe">https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/cantaloupe</a></p>



# Teacher Reproducible

**Note:** Print and then display in visible locations, like over the sink or washing area, and in food preparation and gardening areas. All adults and children harvesting, preparing, or eating food must follow these steps.

## IMPORTANT FOOD SAFETY STEPS!

It is important that you follow these steps to keep yourself, your students, and any parents or volunteers safe and healthy.

**Hand Washing:** All persons participating in the food preparation activity (teachers, students, volunteers, parents) should wash hands before and after preparing, handling, or sampling foods.

Hands should be washed using soap and warm water, scrubbed and lathered for 20 seconds, rinsed under running water, and dried using a clean paper towel. Alcohol-based, rinse-free sanitizers should be used when hand washing with soap is not possible.

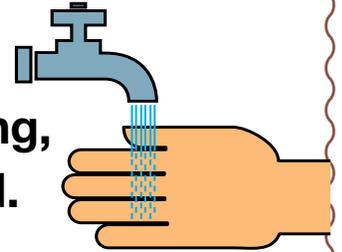
**Surfaces:** Surfaces, such as tables, countertops, sinks, utensils, cutting boards, and appliances, should be washed with hot, soapy water. Wipe up spills immediately. Appliances such as microwaves should be cleaned frequently.

**Fruits and Vegetables:** Produce, regardless of whether it was grown or purchased, must be rinsed thoroughly (even if you plan to peel or cut the produce before eating). Rinse fresh fruits and vegetables under running water just before eating, cutting, or cooking. Do not use soap or detergent. Many precut/prepackaged items, like lettuce or baby carrots, are labeled as prewashed and ready-to-eat. These products may be eaten without further rinsing.



# HAND WASHING

There's a proper way to wash your hands. Follow these steps before and after harvesting, and *always* before handling and eating food.



- 1.** Wet your hands with warm, running water.
- 2.** Apply soap.
- 3.** Rub hands together to make a lather.  
Scrub the backs of hands, between fingers, and under nails.
- 4.** Continue rubbing hands for at least 20 seconds.  
Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 5.** Rinse well under warm, running water.
- 6.** Dry your hands with a clean towel or an air dryer.



# Food Tasting Instructions

**Trying a new food can be fun!**

- When offered food, be polite and say, “Yes, thank you” or “No, thank you.”
- Try it! At least one small bite.
- If you like it, think of other ways you could eat the food at home and school.
- If you don’t like it, you may politely remove the food with a napkin.
- It is OK not to like something, but please be kind. No yucky faces or mean words.
- Be willing to try the food again! Sometimes it takes a while to like a new food.



Name of Activity: **Sports Galore**

Formation: Standing at desks

Equipment: None

Rules/Directions:

1. Teacher calls out the following sports skills to mimic:

- Shooting a jump shot
- Running through tires
- Batting a baseball
- Serving a tennis ball
- Downhill skiing
- Spiking a volleyball
- Swinging a golf club
- Throwing a football
- Juggling a soccer ball
- Shooting an arrow
- Shooting a hockey puck
- Swimming underwater
- Fielding a ground ball and throwing it to first base
- Dunking a basketball

2. Teacher can also integrate skills into word problems and have students repeat the number he or she calls out:

- If Juan made 5 jump shots and 2 went in the basket, how many did he miss? (3)
- If Briana hit 2 homeruns, how many bases would she have to touch? (8 bases)

Suggestion:

1. Do each sport skill for 30 seconds.

# Melons

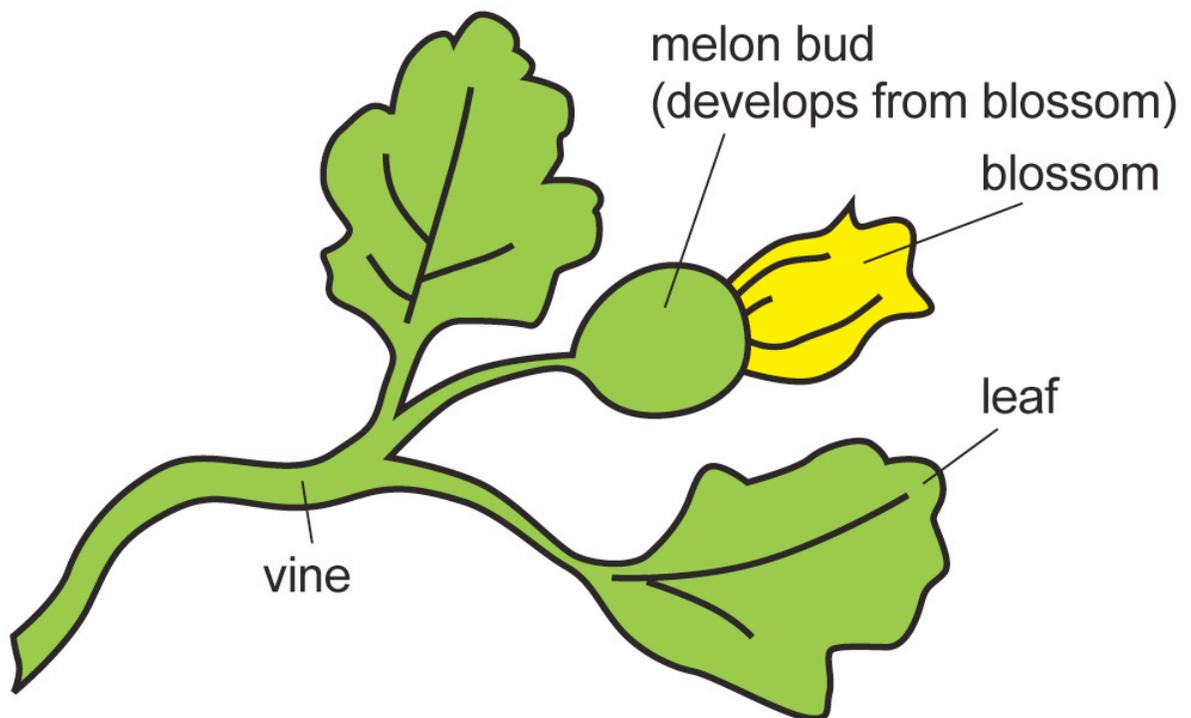


Image adapted from: [http://district.ausd.net/docs/harvest\\_watermelon\\_september\\_2005.pdf](http://district.ausd.net/docs/harvest_watermelon_september_2005.pdf)

# Ask your classmate: Food Quiz

## How well do you know your classmate?

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Write down your classmate's name and fill out the answers to the questions. When you're done, ask your friend to write down his or her answers and see how many you got right.



My Classmate's Name:

	My Guess	Friend's Answer
Favorite fruit or vegetable?		
Least favorite fruit or vegetable?		
Like to cook?		
Been to a farm?		
Been to a Farmer's market or farm stand?		



This material is adapted from Harvest of the Month™, a program of the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed. To learn more, visit [www.harvestofthemonth.com](http://www.harvestofthemonth.com). The printing of this material is funded by USDA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Iowa Department of Public Health. Iowa Food Assistance can help you buy healthy food. Visit <http://dhs.iowa.gov/food-assistance> for more information. These institutions are equal opportunity providers and employers.