

**SEPTEMBER**

# CANTALOUPE MELON

**GRADE  
K-1**

<b>RECOMMENDED BOOK</b>	<p><u>The Cantaloupe Cat</u> by Jan Yager</p> <p><u>The Antelope Who Loved Cantaloupe</u> by Celeste Marie Halata</p> <p><u>The Antelope Who Ate Cantaloupe Instead of French Fries and Hay</u> by Julie Crichton</p>
<b>NEEDED SUPPLIES</b>	Cantaloupe, knife, cutting board, spoon to scoop out seeds, serving cup
<b>NEEDED RESOURCES</b>	<p>“Sports Galore” activity break, “Old Mac Donald Had a Farm, Cantaloupe Style”, “How a Cantaloupe Grows” story, botanical image of melon, Hand washing, food tasting instructions, and food safety tips</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet.</p> <ul style="list-style-type: none"> <li>Practice preventive health behaviors                             <ul style="list-style-type: none"> <li>K-1 Identify healthy foods</li> </ul> </li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of cantaloupe (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 to try new fruits and vegetables.</li> <li>Students will learn to be good tasters.</li> </ul>
<b>RECAP FROM SUMMER</b>	<p>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 fruit and vegetables you tried? You will have many chances to sample a variety of fruits and vegetables over this school year.</p>
<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>	<p>“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.) or “Old Mac Donald Had a Farm, Cantaloupe Style”</p>
<b>FUN FACTS ABOUT CANTALOUPE</b>	<ul style="list-style-type: none"> <li>Melons grow on the surface of the ground on a trailing vine. They grow in Iowa. (Show botanical drawing and have students wave their arms like a vine.)</li> <li>Flowers on a melon vine need to be pollinated (visited) by bees to make melons.</li> </ul>

**MELON FEATURED TASTING:  
CANTALOUPE**



**ALTERNATIVES:  
HONEYDEW**



**WATERMELON**



<b>FUN FACTS (continued)</b>	<ul style="list-style-type: none"> <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>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. Then, 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. Maybe you have tried it before, and you are not sure you like it. 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 (use your fingers to make goggles 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>ACTIVITIES</b>	Sing "Old MacDonald Had a Farm, Cantaloupe Style." Read "How a Cantaloupe Grows."
<b>SENSES CONNECTION</b>	<p><b>See:</b> What shape is the cantaloupe? (round like a ball) What color is the outside of the cantaloupe? (tan like the color of sand)</p> <p><b>Touch:</b> How does the outside of it feel? (rough like a basketball) Let children feel a basketball and melon if available. How does the cantaloupe feel in your mouth? (smooth and juicy)</p> <p><b>Smell:</b> Does it have a smell? (may have no smell or smell sweet like a flower)</p> <p><b>Taste:</b> How does it taste? (sweet)</p> <p><b>Sound:</b> Can you hear the seeds shake inside?</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. From our story "How a Cantaloupe Grows", where else could you find cantaloupes? (farmers' market)</p> <p>Today we got to see what a cantaloupe looks like. Do you think you would be able to help your grown-up find a cantaloupe in the produce section at a grocery store? At a farmers' market?</p> <p>We tried the cantaloupe all by itself today. Do you think you would like to try cantaloupe in a fruit salad? Can you think of other ways to eat cantaloupe? Who will ask your grown-up to buy cantaloupe the next time you go to the store or visit a farmers' market or farm stand?</p>

**TAKE-HOME MATERIALS**

Pass out "Ask me about...cantaloupe" stickers. Send home the parent newsletter.

**REFERENCES AND  
RESOURCES**

[http://www.fns.usda.gov/sites/default/files/growit\\_book5.pdf](http://www.fns.usda.gov/sites/default/files/growit_book5.pdf)

<http://www.fruitsandveggiesmorematters.org/honeydew>

<http://www.watermelon.org/FAQ/FAQ-Funfacts.aspx>

<http://www.extension.iastate.edu/foodsavings/content/produce-basics>

<https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/cantaloupe>



# 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.

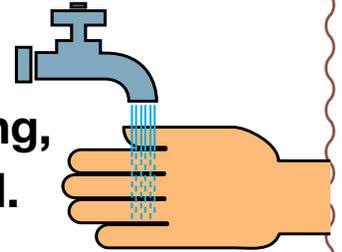
**Surfaces:** Surfaces, such as tables, countertops, sinks, utensils, cutting boards, and appliances, should be washed with hot, soapy water. Wipe up spills immediately. Appliances such as microwaves should be cleaned frequently.

**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

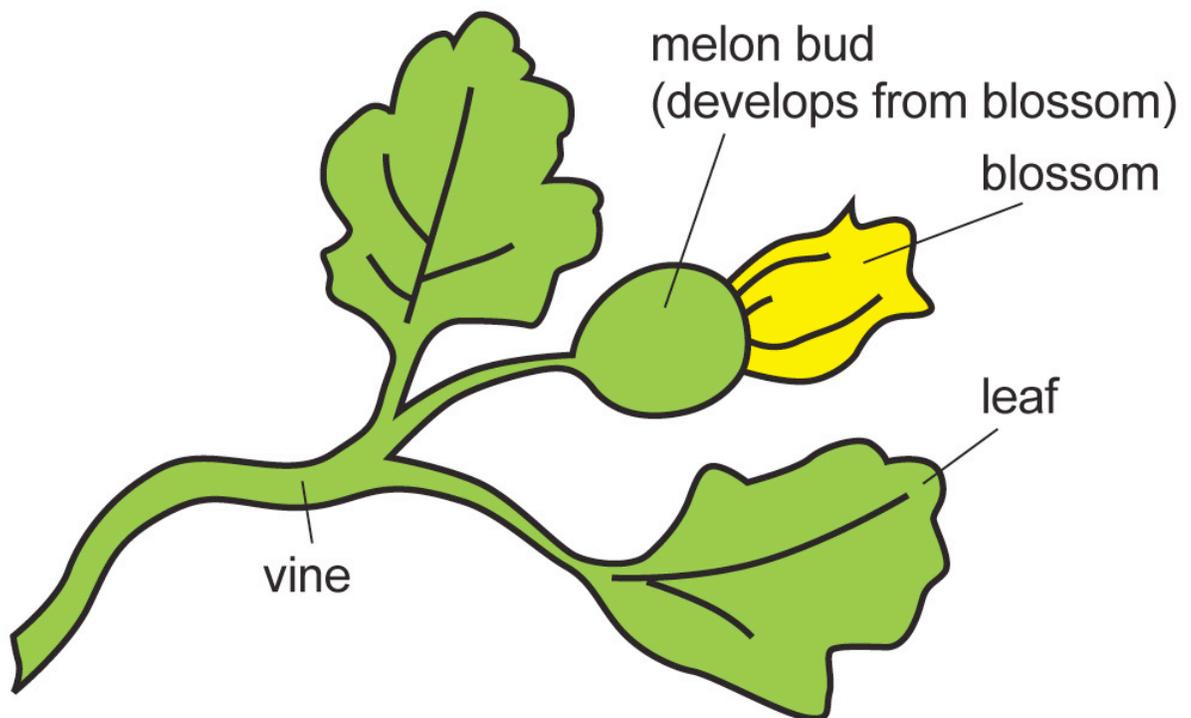


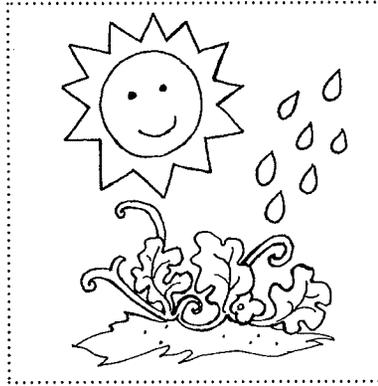
Image adapted from: [http://district.ausd.net/docs/harvest\\_watermelon\\_september\\_2005.pdf](http://district.ausd.net/docs/harvest_watermelon_september_2005.pdf)

# How a Cantaloupe Grows

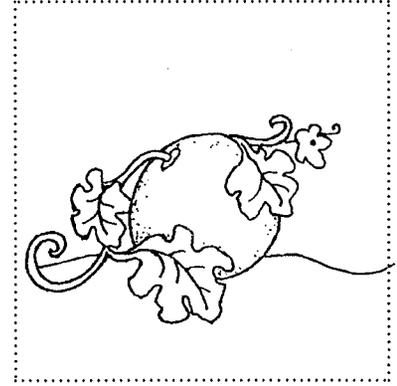
Enlarge the pictures and cut them out so that they can be placed on chalk board or large poster paper. Read the story and then mix up the pictures and have the students help arrange the pictures to tell the story in the correct order.



In spring, a farmer plants cantaloupe seeds in the ground.



The cantaloupe seeds grow vines on top of the ground. The plants need soil, a lot of sun, warm weather, water, and time to grow.



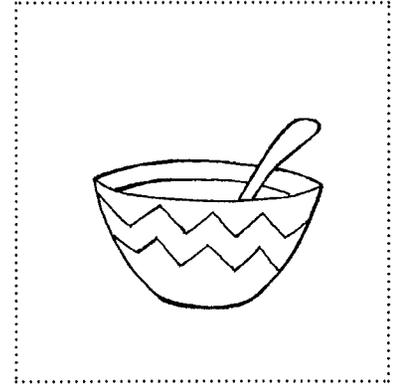
Cantaloupes grow on the vines and ripen to a tan color during the summer.



The farmer picks the cantaloupes.



The family chooses a cantaloupe at the grocery store or farmers' market.



The family makes and eats cantaloupe soup at home. Yum!