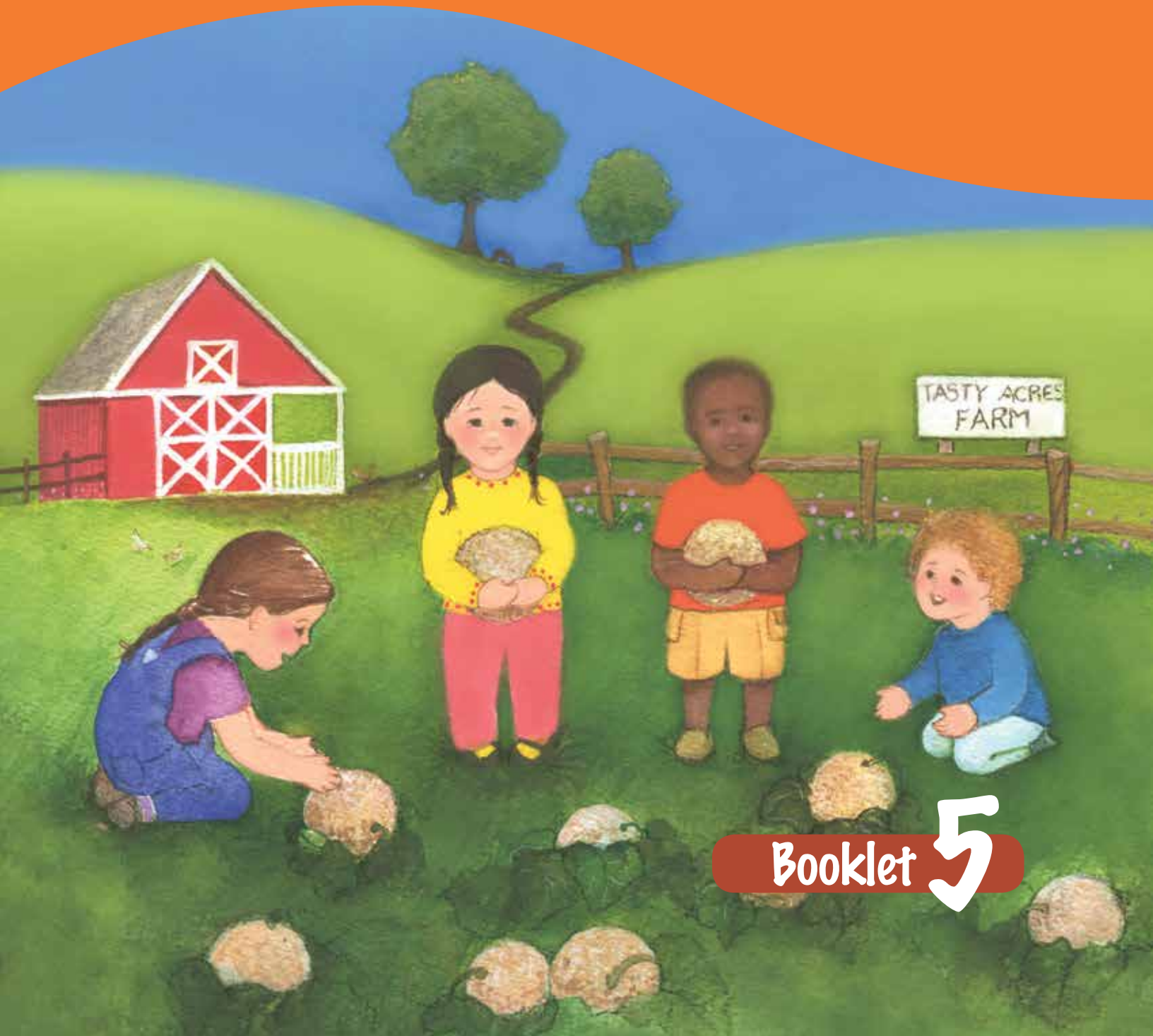
Grow It, Try It, Like It!

Preschool Fun With Fruits and Vegetables

Cantaloupe Corner



Booklet 5

Welcome to...
Cantaloupe Corner at Tasty Acres Farm!

Cantaloupe Corner is home to vine ripened, sweet juicy cantaloupe. Tasty Acres Farm grows the best cantaloupe activities for a country mile. Children learn about cantaloupe through hands-on activities. They experience how a cantaloupe looks, feels, tastes, and smells. Cantaloupe Corner connects the cantaloupes grown on the farm to the fruit in the store or farmers' market. The children can't resist the cantaloupe tasting activities from plain wedges to soup to salad. Growing at Home materials create review options for the daily Cantaloupe Corner activities.

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A Plan for Organizing the Cantaloupe Corner Activities

Check with local farms and farmers' markets to find out when cantaloupes are in peak season. Cantaloupes are interesting and seeing cantaloupes growing makes a great farm field trip for preschoolers. If a farm is not nearby, visit a produce stand or farmers' market to see fresh cantaloupe.

Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period.

The Cantaloupe Corner lesson plans are designed to be used in their entirety but if your center does not have the time, space, or resources to do all the activities select the activities best suited to your center's environment and available resources from Section A: hands-on activities, Section B: planting activities, Section C: cantaloupe stories and songs, and Section D: nutrition education activities. Be sure that the activities you choose help the children meet the objectives listed at the beginning of each lesson plan section.

Here is one way to arrange the activities in your Cantaloupe Corner. Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period. Additionally, two activities from the Garden Art and Crafts Section in Booklet 1 are added. These activities are fun and useful ways to help reinforce the objectives of each activity. On page 19, it gives tips for creating successful projects and ideas for harvesting fun month after month. The Garden Art and Crafts chart connects the art and crafts to the lesson activities.

Planning Chart for Cantaloupe Corner Activities

Day One	Day Two	Day Three	Day Four	Day Five
A1 Can You Tell What's Hiding? Hands-on Activity 	**A3** Cantaloupe Shapes Hands-on Activity	**C1** Cool Puppy Pup video	**B3** Plant a Seed or Start Outside Planting Activity 	**D1** Meet Cantaloupe's Melon Friends Nutrition Education Activity
A2 Cantaloupe... A Look Inside Hands-on Activity	**C3** Old MacDonald Had a Farm Song, Cantaloupe Style	**B2** Plant a Cantaloupe Seed Planting Activity 	**C2** Reading Activity 	**D2** Can't Resist Cantaloupe Nutrition Education Activity
Garden Craft Row Markers 	**B1** Cantaloupe Start as Seeds Planting Activity	Garden Craft Seed Art	Garden Art Decorated Bags	**C3** Old MacDonald Had a Farm Song Cantaloupe Style
Send Home Growing at Home Materials #1		Send Home Growing at Home Materials #2		Send Home Growing at Home Materials #3

Revisit the Farm: Rainy Day Fun All Year Long

When the weather changes your outdoor plans, the activities from Tasty Acres Farm provide a welcome opportunity to revisit and remember all the fun and flavor of *Grow It, Try It, Like It!* Sing the songs, watch the video segments, and use the Garden Art and Crafts Section in Booklet I for ideas. Make a rainy day one to reconnect with these fruits and vegetables.

More Ways To Grow – The Cantaloupe Corner unit can be included in other areas of the curriculum. Complementary themes include:

Foods – Fruits **Shapes** – Round **Colors** – Orange **Seasons** – Summer **Body** – Senses
Opposites – Inside & Outside **Plants** – Vines, Melons **Alphabet** – C words

A. Can You Tell Me About Cantaloupe?

Hands-On Activities

Materials Needed

- Two cantaloupes, both well scrubbed, one whole and one cut into bite-size pieces
- Forks and napkins
- Mystery Box/Bag
- Paper and Pencil
- Basketball (optional)

What To Do Ahead of Time

- Wash cantaloupe; prepare bite size pieces.
- Put a well-scrubbed whole cantaloupe in the Mystery Box/Bag.
- Make copies of Cantaloupe Growing at Home #1–one set per child.
- Review Make a Mystery Box or Bag (see Booklet 1, Tool Shed Resources, page 45).

Growing at Home Introduction Letter and Hand Washing and Polite Tasting Guidelines: Send a copy of these resources home before starting the first unit in *Grow It, Try It, Like It!* If you have already sent these resources home, you may omit this step. (See Booklet 1, Tool Shed Resources, page 42-44.)

Cantaloupe Growing at Home #1: Send a copy of this resource home with each child at the start of Section A activities.

A1: Can You Tell What's Hiding?

Use the Mystery Box/Bag to create interest by having the children feel the outside of a cantaloupe before revealing the "mystery" item to all.

Objectives

The children will be able to:

- Identify a cantaloupe as a heavy, round fruit;
- Describe the outside appearance and smell of cantaloupe.

Before the Activity–Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If this is the first activity involving food tasting, talk with the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44, for details).

Activity Length: 15 minutes

The Activity

- Introduce the Mystery Box/Bag, or reintroduce it if you have used it before.
- One at a time, ask each child to come and feel inside without looking. If a child seems afraid, feel inside the box/bag with the child.
- Ask each child to describe quietly to you what he/she feels.
- After everyone has guessed, reveal the cantaloupe. Let each child hold the cantaloupe, if desired.
- Note the children's guesses that were close (round, a plant, food) or correct (cantaloupe).
- Talk about the cantaloupe. Ask the questions below and any other questions you like.
  - Is cantaloupe a fruit or a vegetable? (Fruit)
  - What shape is it? (Round like a ball)
  - What color is the outside of the cantaloupe? (Tan like the color of sand)
  - How does the outside of it feel? (Rough like a basketball – let children feel the basketball, if available)
  - Does it have a smell? (May have no smell or smell sweet like a flower)
  - Has anyone ever tasted a cantaloupe? (Yes or No)

Words To Grow

Fruit	Heavy (weight)
Round	Tan
Rough	Sweet

Connection to Garden Art and Crafts

Garden Bookmark:
The children make cantaloupe decorated Garden Bookmarks by gluing cantaloupe seeds in a design on the bookmark (see Booklet 1, Garden Art and Crafts Section, page 28).

Activity Conclusion–Tasting

- Conclude the lesson by offering the children a piece of cantaloupe to taste.
- Let each child take a piece with a fork.
- As necessary, remind children how the group follows polite tasting manners.

A2: Cantaloupe...A Look Inside

Engage all the senses! The children see and feel the inside of a cantaloupe, then smell and taste it.

Objectives

The children will be able to:

- Describe the appearance, smell, and taste of cantaloupe;
- Tell that the orange flesh of a cantaloupe can be eaten, but not the rind or seeds.

Materials Needed

- Cantaloupe (can be the one used in Activity A1)
- Sharp knife
- Cutting board
- Spoon and container to hold removed seeds
- Damp cloth and dry towel for wiping and drying hands
- Paper plates and napkins

What To Do Ahead of Time

- Scrub the outside of the cantaloupe well.
- Assemble supplies in a central area; keep the knife in a safe place until ready to use.

Before the Activity–Hand Washing

Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).

Activity Length: 15 minutes

The Activity

- Have the children gather around the area with the cantaloupe and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review with the children what they learned about cantaloupe in Activity A1. If you didn't do Activity A1, tell the children you have a cantaloupe to share today.
- Tell the children cantaloupes grow on the ground. We have to wash the outside very well to remove soil and germs before we cut it open. Tell them you have already washed the cantaloupe.
- Cut the cantaloupe in half to reveal the inside. Have paper towel handy to wipe up extra juices. Using the spoon, scoop the center strings and seeds into a bowl and set aside. Let the children know they will get to touch the seeds a little later.

Activity continued ...

- Cut a section of cantaloupe into small wedges with the rind intact. Give each child a small wedge of cantaloupe for individual exploration.
- Talk with the children about the inside of the cantaloupe. Lead the children through the questions below and ask additional questions if you like.
  - What colors are on the inside of the cantaloupe? (Orange, green, white)
  - What does the inside of the cantaloupe look like? (Seeds, slippery string-like fibers, and the orange flesh of the cantaloupe)
  - How does the inside flesh feel? (Cool and smooth)
  - How does the cantaloupe smell? (Sweet)

Words To Grow

Seeds	Juicy
Strings	Orange
Slippery	White
Cool	Green
Smooth	

Tasting Activity

- Invite children to taste the cantaloupe. Remind them not to eat the rind.
- Continue the activity, asking:
  - How does the cantaloupe feel in their mouth? (Smooth and juicy)
  - How does the cantaloupe taste? (Sweet)
- After everyone has sampled their own cantaloupe wedge, invite the children to come to the bowl and feel the string-like fibers and seeds, from the inside of the cantaloupe.
  - How do the seeds and string-like fibers feel? (Wet and Slippery)
- After the children have felt the seeds and strings, have them wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).

Tips: If desired, save the seeds for use in activity B1 or in the Seed Art or Garden Bookmark Activity in the Garden Art and Crafts Section. A packet of seeds is needed for planting and growing plants to produce more cantaloupes in activities B2 and B3. Otherwise, discard the strings and seeds, rinds, and any pieces of cantaloupe that have been touched.

Cover and refrigerate any remaining untouched cantaloupe for use in future activities or snacks in the next day or two.

Materials Needed

- Cantaloupe cut into thin slices
- Small cookie cutters (triangles, circles, squares, alphabet shapes)
- Paper plates and napkins

What To Do Ahead of Time

- Scrub the outside of the cantaloupe well.
- Cut the cantaloupe into the largest slices possible by following the slicing tips in How to Slice a Cantaloupe for Activity A3 Cantaloupe Shapes. page 7.
- Refrigerate the remaining cantaloupe pieces to make Cantaloupe Soup for a tasting opportunity, such as Activity B2.
- Prepare a plate with two or more cantaloupe slices.

A3: Cantaloupe Shapes

The children use cookie cutters to make shapes from cantaloupe. They explore the feel, smell, and taste of cantaloupe.

Objective

The children will be able to make a simple snack with cantaloupe.

Before the Activity–Hand Washing

Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).

Activity Length: 10-15 minutes

The Activity

- Have each child seated at the table(s).
- Explain we always scrub the rind of a cantaloupe under running water before we cut it. Let the children know you have already washed the cantaloupe.
- Give each child a paper plate with at least two thin slices of cantaloupe. Let each child select a small cookie cutter(s).
- Show the children how to press the cookie cutter into the flesh of the cantaloupe.
- Assist any children needing help.
- Use the cookie cutters to make shapes from the cantaloupe slices.

Activity Conclusion–Tasting

- After making the cantaloupe shapes, enjoy eating this snack.
- As the children eat, ask them to describe how the cantaloupe:
  - Smells (sweet),
  - Feels in the mouth (cool, smooth and slippery); and
  - Tastes (juicy and sweet).

How To Slice a Cantaloupe for Activity A3 Cantaloupe Shapes

Step 1: Prepare the cantaloupe – thoroughly scrub the outside of the cantaloupe with a vegetable brush.

Step 2: Cut the rind from the stem end and blossom end of the cantaloupe, creating two flat surfaces.

Step 3: Place the cantaloupe on one flat, sliced end so that the rind of the cantaloupe can be trimmed easily from the orange flesh of the whole cantaloupe.

Step 4: Remove all of the rind from the cantaloupe by cutting down along the curve of the fruit. Be careful to trim as little orange flesh with the rind as possible; as necessary trim any green from the cantaloupe.

Step 5: Slice thin sheets of cantaloupe from an outer edge to the center until the hollow center with seeds is revealed.

Step 7: Slice thin sheets of cantaloupe from the side opposite of the first slices. Slice thin sheets of cantaloupe from the two remaining edges, stopping each time when the center is reached.

Step 6: Use a small spoon to scoop and remove the seeds–a grapefruit spoon works well–and discard seeds.

Step 8: Refrigerate the remaining center section and any trimmings or small pieces of cantaloupe to make Cantaloupe Soup in Activity A4.

B. Cantaloupe... Where Do You Come From?

Planting Activities

Cantaloupe Growing at Home #2: Send a copy of this resource home with each child at the start of Section B activities.

Materials Needed

- Dried cantaloupe seeds (clean and dry from Activity A) or a packet of cantaloupe seeds
- Yardstick
- Drawings of cantaloupe (see Booklet 1, Tool Shed Resources, pages 67-68)
- Cantaloupe for tasting
- Melon ball kitchen tool
- Forks and napkins

What To Do Ahead of Time

- Prepare cantaloupe balls for tasting.
- Assemble materials.
- Make copies of Cantaloupe Growing at Home #2–one set per child.

B1: Cantaloupe Start as Seeds

The children see and touch cantaloupe seeds and learn how far apart to plant seeds.

Objectives

The children will be able to:

- Describe how cantaloupe grow from a seed into a plant that produces cantaloupe;
- Describe the resources needed to grow cantaloupe.

Activity Length: 10 minutes

The Activity

- Tell the children they will learn about how cantaloupes grow. Show the children the cantaloupe seeds. If you are using seeds from a packet, tell the children the seeds are just like the ones from the inside of the cantaloupe. People buy packages of seeds to grow cantaloupes in gardens.
- Pass the seeds around. Let the children touch and count the seeds.
- Explain that the cantaloupe seeds are planted in the soil at least 3 feet apart. Cantaloupe plants need enough room to spread out when they grow. Have two children hold the yardstick between them to show a 3-foot length. Or have a child whom is at least 36" tall lie down between two children to show the distance.
- Explain that the cantaloupe seeds are planted in the soil in the spring. The sun and rain help them grow into long vines above the ground. Yellow flowers bloom on the vines. Where the flowers bloomed on the vine, cantaloupe fruits will grow during the summer.
- Explain that the cantaloupe is picked when the skin becomes tan in color. Show drawing of a ripe cantaloupe in a field (see the Tool Shed Resources, page 67).
- Explain that ripe cantaloupes are picked and taken to a grocery store or a farmers' market. That is where people buy cantaloupes and take them home to eat. Show drawing of cantaloupes in the grocery store (see Booklet 1, Tool Shed Resources, page 68).
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43).
- Offer cantaloupe balls for tasting. Note that the balls are the same shape as the cantaloupe (round).

Words To Grow

Seeds	Soil
Sun	Water
Space	Plants

Connection to Garden Art and Crafts

Garden Scene Note Cards: Children make a Garden Scenes Note Card featuring drawings of cantaloupe for parents or grandparents telling them what was learned today (see Booklet 1, Garden Art and Crafts Section, page 30).

Materials Needed

- Packets of cantaloupe seeds
- Paper cups, 5 to 6 ounces in size
- Potting mix or soil
- Water in a small spray bottle
- Plastic spoons
- Unsharpened pencils, with a line marking 1/2 inch
- Waterproof pens or markers
- Wooden sticks for plant markers (one per child),
- Table covers and smocks for the children, if desired
- Space with sunlight and/or fluorescent lights

What To Do Ahead of Time

- Prepare potting mix or soil.
- Divide prepared soil into containers, one for every three children.
- Write Cantaloupe on the wooden stick plant marker.
- At the table(s), place a small paper cup, three seeds, and a plastic spoon per child.
- Plan to serve Cantaloupe Soup at snack or mealtime (see Cantaloupe Growing at Home Recipe, page 34).

B2: Plant a Cantaloupe Seed

The children plant cantaloupe seeds in soil and learn what the seeds need to grow.

Objectives

The children will be able to:

- Describe the resources needed to grow cantaloupe;
- Experience planting cantaloupe seeds.

Optional Activity: Grow a Seedling in a Bag (see Booklet 1, Tool Shed Resources, page 52) Display this visual in the classroom. Check daily for progress and compare to the growth of the children's plants.

Activity Length: 15 minutes

The Activity

- Help each child write his/her name on a cup.
- During the activity, help the children:
  - Fill their cups about ¾ full with moist potting soil.
  - Gently tap the sides and bottom of their container with their index finger to settle but not pack the soil.
  - Poke three holes in the soil spaced around the cup. Use the marked unsharpened pencil to make holes 1/2 inch deep.
  - Place a seed in each hole and gently cover the seeds with soil.
  - Lightly spray water over the top of the soil. Help any children needing assistance.
  - Stick wooden plant markers in the soil close to the inside curve of the cup.
- During the activity, tell the children:
  - The seeds will grow in the potting soil as plants grow in the soil outside.
  - The seeds need soil, water, light, and warmth to grow into plants.
  - Inside, we can use lights to give plants warmth and light, just as the sun helps outside plants grow.
  - The seeds will grow first into very small plants (seedlings or starts), then into larger plants. These larger plants, if planted outside in a garden, will continue to grow with sunlight and water. Cantaloupe will grow on the larger plants.
- Have the children set their cups in a sunny spot or under lights.
- Have the children check their cups weekly to see the progress of the seeds growing into plants.

Green Thumb Guide

Choose the right seeds. If you will be planting the seedlings in containers outside, select a miniature variety of cantaloupe seeds. Consider making Decorated Garden Bags and Garden Art Row Markers to send home with the cantaloupe plants. (see Booklet 1, Garden Art and Crafts Section.)

Connection to Garden Art and Crafts

Gardening Gloves Craft: The children make Gardening Gloves with Cantaloupe shapes, an easy shape for little hands to draw and color (see Booklet 1, Garden Art and Crafts Section, page 37).

Activity Connection to Snack or Mealtime

While eating Cantaloupe Soup at snack or mealtime, talk about how the seeds planted in the soil will grow into plants. The plants will grow and produce cantaloupes after a summer of water, sun, and warmth.

B3: Plant a Seed or Start Outside

The children make a cantaloupe seed tape and plant it, or a cantaloupe plant start, to help them learn what seeds need to grow into plants.

Objectives

The children will be able to:

- Describe the resources needed to grow cantaloupe;
- Experience planting a cantaloupe seed or start.

Optional Activity: Visit a local farm or nursery and see how cantaloupes grow.

Materials Needed

- Cantaloupe seeds, a seed tape, or cantaloupe start
- Garden or flowerbed, 12 feet or longer by 12 to 18 inches wide
- Hoe or trowel to make space to plant seed tape
- Garden hose with nozzle or watering can

What To Do Ahead of Time

- Prepare a cantaloupe seed tape (see Booklet 1, Tool Shed Resources, Green Thumb Guide–Make a Seed Tape, page 54) or purchase a cantaloupe start.
- Prepare garden or flowerbed for planting (see Booklet 1, Tool Shed Resources, Green Thumb Guide–Gardening Outdoors, page 58).
- Plan to serve cantaloupe in some form at snack or mealtime (see Booklet 1, Tool Shed Resources, Ten Terrific Ways…, page 48).

The Activity

Activity Length: 15 minutes

- Take the children and the cantaloupe seeds or seed tape outside. Explain that today they will plant cantaloupe seeds and learn what seeds need to grow into plants.
- Point to the sun. Ask the children how the sunlight feels on their skin (warm).
- Explain that the light and warmth of the sun helps cantaloupe seeds grow into plants that will produce more cantaloupe.
- Show the children the soil in a garden or flowerbed. Let them touch the soil. Ask them how the soil feels (wet or dry, hard or soft). Explain that cantaloupe seeds grow in soil.
- Run some water from a hose or pour some from a container and let the children touch it. Ask how it feels (wet). Explain that water helps plants grow. Explain that water for plants usually comes as rain. Juicy foods like cantaloupe need lots of water, so farmers and gardeners use sprinklers in addition to rain to make sure the plants have plenty of water.
- Have the children help lay the prepared seed tape in the soil at the preferred planting depth of one half inch, cover with soil, and water. Remind the children of how far apart cantaloupes are planted.

Green Thumb Guide:
Is space limited? Grow miniature varieties of cantaloupe in a container (see Booklet 1, Tool Shed Resources, Green Thumb Guide, Container Gardens, page 55). To adapt this activity to plant in a container, see Plant a Strawberry Jar, Strawberry Patch Activity B3.

Activity Connection to Snack or Mealtime

Talk about the cantaloupe seeds planted while eating cantaloupe at snack or mealtime.

Planting Options: Follow the directions on the back of the cantaloupe seed packet to plant seeds directly into the ground. If you have grown cantaloupe seedlings from seeds inside and hardened the plants for outdoor planting, you can substitute the plants for the seeds or seed tape. You can also purchase cantaloupe starts at a greenhouse and plant directly into the ground.

C. Cantaloupe
Stories and Songs

C1: Cool Puppy Pup's Cantaloupe Lunch Party Video

View Cool Puppy Pup's Cantaloupe Lunch Party segment with the children. Discuss the cantaloupe facts covered in this delightful video and have them try Cool Puppy Pup's favorite way to eat cantaloupe.

Objective

The children will be able to describe how cantaloupe are grown, harvested, and eaten.

Materials Needed

- Cool Puppy Pup DVD
- TV and DVD player
- Slices of cantaloupe, at least one per child
- Plates and napkins

What To Do Ahead of Time

- Cue the DVD to start at the Cantaloupe segment.
- Prepare cantaloupe slices.

Activity Length:
15 minutes

The Activity

- Gather the children and watch the Cantaloupe segment of the video.
- After viewing the segment, ask the children to name their favorite parts of the video. Use their responses to lead into a discussion about the video. During the discussion, include the questions below to review Cool Puppy Pup's main points from the video segment.
- In the video, did Cool Puppy Pup say:
  - Cantaloupe was a fruit or a vegetable? (Fruit)
  - What color is a cantaloupe? (Orange)
  - What shape is cantaloupe? (Round like a ball)
  - What color is the outside rind? (Tan)
  - How does it feel? (Rough)
- At Tasty Acres Farm, the farmer talked about how cantaloupes grow.
  - Where do cantaloupes grow? (In the soil, on a farm)
  - What is inside the cantaloupe? (Little seeds)
  - Do cantaloupes grow on vines above or below the ground? (Above the ground)
  - Where are cantaloupes shipped after they are picked? (To stores and farmers' markets)
- Have the children name some of the ways that cantaloupe can be eaten (In fruit salads, salsas, shakes, or fresh and sliced).
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- Conclude the activity by telling the children they are going to eat fresh sliced cantaloupe, the way that Cool Puppy Pup likes cantaloupe best of all.
- Serve the cantaloupe slices.

Connection to Garden Art and Crafts

Make a Scarecrow:
The children decorate the scarecrow's pants with cantaloupe shapes and color with fabric paint (see Booklet 1, Garden Art and Crafts Section for Make a Scarecrow directions, page 38).

C2: Reading Activity

Read story books to the children that are about or include the activities of growing and/or eating fruits and vegetables. Listening to such stories can encourage children to adopt positive behaviors that can last a lifetime, like trying new fruits and vegetables.

Objective

Children will describe the fun and interesting stories about fruits and/or vegetables that were read to them.

Materials Needed

- Books from a library or purchased books
- Space for the children to sit

What To Do Ahead of Time

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (see Booklet 1, Tool Shed Resources, page 50).
- Select a book you would like to read and either borrow it from a library or purchase it.
- Use books relevant to fruits and vegetables that may already be available to you.

The Activity

- Have the children sit around you as you read them the book.
- Ask the children to listen for the names of fruits and vegetables as the story is read.

Activity Length:
10 to 20 minutes depending on the length of the book

Discussion Questions:

- After reading the story, ask the children which fruits and vegetables were named in the story and what happened to them. For example,
  - Where were the fruits and vegetables grown?
  - What happened to the fruits and vegetables after they were picked?
  - Who ate the fruits and vegetables?

Add other questions that relate to the story.

C3: Old MacDonald Had a Farm, Cantaloupe Style

The children sing about growing and eating cantaloupe and act out motions to this familiar tune.

Objectives

The children will be able to:

- Sing and act out motions to a familiar tune;
- Say that being physically active helps us feel good.

Materials Needed

- Cantaloupe lyrics to tune "Old MacDonald Had a Farm"
- Large space for the children to move about

What To Do Ahead of Time

- Become familiar with the words and motions of the song.

Activity Length: 10 minutes

The Activity

- Lead the children in singing these new words to the tune "Old MacDonald Had a Farm" and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.

Old MacDonald Had a Farm, Cantaloupe Style

The children sing about growing and eating cantaloupe and act out motions to this familiar tune.

1st Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some cantaloupe, EIEIO!
With plant seeds here and plant seeds there,
Here seeds, there seeds, everywhere plant seeds!
Old MacDonald had a farm, EIEIO!

(Skip in place)
(Pretend to carry a basket of cantaloupe)
(Pretend to dig ground and plant seeds using large, vigorous motions)
(Skip in place)

2nd Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some cantaloupe, EIEIO!
With a sprout, sprout here and a sprout, sprout there,
Here a sprout, there a sprout, everywhere sprouts!
Old MacDonald had a farm, EIEIO!

(Skip in place)
(Pretend to carry a basket of cantaloupe)
(Squat to ground and 'sprout' up, jumping & moving hands, until hands are above head)
(Skip in place)

3rd Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some cantaloupe, EIEIO!
With a munch, munch here and a munch, munch there,
Here a munch, there a munch, every where a cantaloupe munch.
Old MacDonald had a farm, EIEIO!

(Skip in place)
(Pretend to carry a basket of cantaloupe)
(Pretend to eat cantaloupe)
(Pretend to eat cantaloupe)
(Skip in place)

4th Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some cantaloupe, EIEIO!
With a juicy bite here and juicy bite there,
Here a bite, there a bite, everywhere a juicy bite.
Old MacDonald had a farm, EIEIO!

(Skip in place)
(Pretend to carry a basket of cantaloupe)
(Pretend to eat and wipe juice from chin)
(Skip in place)

D. Introducing MyPlate
Nutrition Education Activities

Cantaloupe Growing at Home #3: Send a copy of this resource home with each child at the start of Section D activities.

Materials Needed
- *Eat Smart To Play Hard With MyPlate* poster (see Booklet 1)
- Cantaloupe, honeydew, and watermelon
- Plates and napkins

What To Do Ahead of Time
- Review the foods and activities depicted on the poster.
- Display the poster.
- Add a photo or illustration of cantaloupe to the Fruits group of the poster.
- Prepare a wedge each of cantaloupe, honeydew, and watermelon with the rind intact.
- Prepare bite-size pieces of cantaloupe, honeydew, and watermelon.
- Make copies of *MyPlate* coloring page (new or use copies from a previous D1 activity), one per child.
- Copy Cantaloupe Growing at Home #3–one set per child.

D1: Meet Cantaloupe's Melon Friends
Introduce the children to the *Eat Smart To Play Hard With MyPlate* poster. The children find cantaloupe in the Fruits group. They taste the difference between cantaloupe and other melons.

Objectives
The children will be able to:
- Say that cantaloupe is found in the Fruits group.
- Say that eating fruits like cantaloupe help keep us healthy;
- Compare cantaloupe to other melons;
- Say that being physically active every day helps us feel good and is fun;
- Say that eating foods from the different food groups each day helps us grow and be healthy;
- Identify a food from each of the five food groups.

Before the Activity–Hand Washing and Polite Tasting
- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).

The Activity

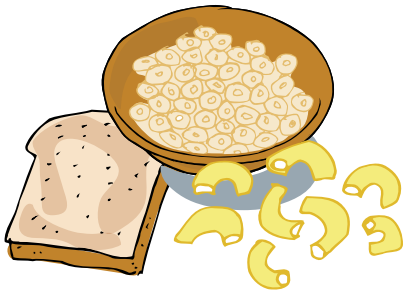
Activity Length:
25 minutes; 30 minutes if optional coloring activity conducted

Learning the Food Groups

- Seat the children in a semicircle on the floor in view of the *Eat Smart To Play Hard With MyPlate* poster.
- Tell the children today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Point out the *Eat Smart To Play Hard With MyPlate* poster to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, and specific activities by name, etc.
- Explain that MyPlate shows the five food groups a person should eat from each day. Each food group has its own color. The Fruit Group is red, the Vegetable Group is green, the Grains Group is orange, the Dairy Group is blue, and the Protein Foods Group is purple. Eating foods from each food group helps us to be healthy and grow.

This activity continues on the following pages.

Grains

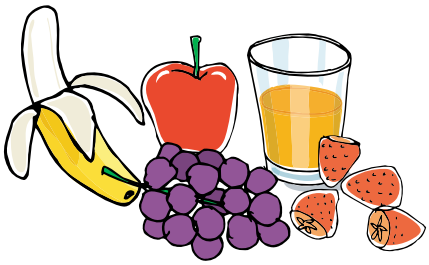


- Point to the orange band of color on the poster and ask the children to name the color (orange). Tell the children that foods made from grains are in the Grains group represented by the orange color band. Point to the bread and the cereal in the Grains group on the orange band of the poster and state that bread and cereal give us energy to play. Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Grains group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, and corn. Grains are used to make foods like cereal, bread, and pasta.

Vegetables

- Point to the green band of color on the poster and ask the children to name the color (green). Tell the children that foods from plants called vegetables are in the Vegetables group represented by the green color band. Point to the broccoli and the sweet potatoes in the Vegetables group below the green band of the poster and state that vegetables such as sweet potatoes and broccoli help keep us healthy. Ask two children to come to the poster, point to a vegetable on the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that _____ (the vegetable named) and other foods from the Vegetables group also help keep us healthy.

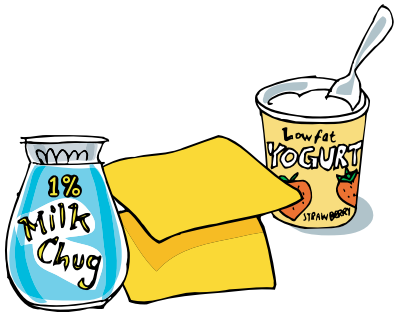
Fruits



- Point to the red band and ask the children to name the color of the band (red). Tell the children that foods from plants called fruits are in the Fruits group represented by the red color band. Point to the peach, strawberry, and the picture of cantaloupe you placed in the Fruits group below the red band of the poster and state that fruits such as peaches, strawberries, and cantaloupe help keep us healthy. Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit, and state that _____ (the fruit named) and other foods from the Fruits group help keep us healthy.

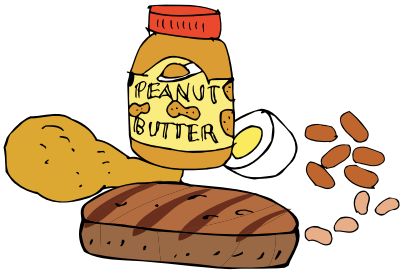
Dairy

- Point to the blue band of color on the poster and ask the children to name the color (blue). Tell the children that milk and foods made from milk are in the Dairy group represented by the blue color band. Point to the milk and yogurt in the Dairy group on the blue band and state that milk and yogurt help us build strong bones. Tell the children that it is good to choose low-fat and fat-free milk, yogurt, and cheese when given a choice. Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food, and state that _____(the food named) and other foods from the Dairy group also help us build strong bones.



Protein Foods

- Point to the purple band of color on the poster and ask the children to name the color (purple). Tell the children that foods from animals and some plants are in the Protein Foods group represented by the purple color band. Point to the meat, fish, egg, beans and peanut butter in the Proteins Foods group below the purple band and state that they help our muscles grow. Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Protein Foods group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)



Review Activity

- While the children are still seated, point to each food group color band on the *Eat Smart To Play Hard With MyPlate* poster.
- Ask the children to name the food group each color represents and to name a food from that group.

- **Orange** – Grains group
- **Green** – Vegetables group
- **Red** – Fruits group
- **Blue** –Dairy group
- **Purple** – Protein Foods group

Tasting Activity

- Show the children the cantaloupe, honeydew, and watermelon wedges. Tell the children that honeydew and watermelon are melons similar to cantaloupe, but different in color.
- Give the children the melon samples to taste on a plate with a napkin. Note all three are juicy and taste sweet.
- After tasting the samples of melon, invite the children to feel and smell the different melon wedges. Discard wedges at end of lesson.
- Ask the children to name different ways to eat orange fruits like cantaloupe at different meals and snacks. Accept all answers such as in fruit salads, plain or with yogurt, etc.

Be Active–Cantaloupe Curl-ups

Note to Caregiver: Active play and movement are important for every child's growth and development. Although they may seem to be active and energetic, most children do not get the amount of physical activity they need for good health. Child care programs should provide opportunities for young children (2 to 6 years of age) to engage in 90 to 120 minutes (1½ to 2 hours) of moderate to vigorous physical activity each day.

Several short periods of activity (10-20 minutes each) work well for young children and are easy to plan into the day. Examples of moderate to vigorous physical activity that kids this age enjoy include: playing on outdoor play equipment, dancing to music, taking a nature (or garden) walk, relay races, movement games, hopping, skipping, galloping, and riding a tricycle or bicycle. For additional information on physical activity for young children, refer to the Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program at http://teamnutrition.usda.gov/Resources/nutritionandwellness.html."

- Point to the various activities depicted on the *Eat Smart To Play Hard With MyPlate* poster. Ask the children to tell you why it is important to be physically active and play every day, i.e., it helps you be strong and healthy, and is fun. Tell the children that today they will learn to be physically active in a way that reminds them of the cantaloupe they just tasted.
- Ask the children to extend their arms out to the side and spread apart from each other so that no child is able to easily touch another child's fingers. When the children are spaced around the room, ask them to sit down and listen carefully. Tell the children that building strength is an important way to be active. Ask the children to watch you show them a special strength building activity that celebrates cantaloupe.
- Ask the children to watch you as you lie on your back on the floor, with knees bent and feet flat on the floor. Place your hands on the back of your head with the elbows pointed out to the side. Gently tighten the stomach muscles and raise your head and upper body off the floor a few inches in a slight sit-up. Point out to the children that a shape similar to the curve of a slice of cantaloupe is made between the bent knees and raised head. Hold this position for 3 seconds and gently release back to the floor.
- Repeat the curl-up several times with the children, saying, "Cantaloupe curl-up (do slight sit up), cantaloupe down (return to floor)."
- Conclude the activity by telling the children it is fun to eat cantaloupe and be physically active by doing Cantaloupe Curl-ups.

Optional Concluding Activity: Have the children sit at tables with coloring supplies. Distribute a copy of the *MyPlate* coloring page (see Booklet 1, Tool Shed Resources, page 83) to each child. Ask the children to color the Fruits group band red and draw section color a cantaloupe wedge near it or use the Blackline Master of a cantaloupe (see Booklet 1, Tool Shed Resources, page 77) and have the children color the cantaloupe. With older children have them copy the dot-to-dot outline of the word "Fruits". Ask the children to draw a favorite way they like to be physically active on the page. If desired, collect the sheet for use in future fruit and vegetable units in *Grow It, Try It, Like It!*

D2: Can't Resist Cantaloupe

The children taste a new cantaloupe recipe and talk about different ways to eat cantaloupe.

Objectives

The children will be able to:

- Taste cantaloupe in a combination food, Cantaloupe Fruit Salad;
- Describe many different ways to eat cantaloupe.

Option: Make the recipe as part of the activity.

Materials Needed

- Cantaloupe Fruit Salad Recipe ingredients–see the Child Care Center version of this recipe on page 28.
- Plates, spoons, and napkins

What To Do Ahead of Time

- Prepare the recipe.
- Prepare table(s).

Before the Activity–Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).

The Activity

- Seat the children at the table(s).
- Ask the children to share what they remember learning about cantaloupe.
- Encourage responses such as how and where a cantaloupe grows; what it looks, feels, smells, and tastes like; and other material covered in the unit.
- Tell the children that the unit on cantaloupe ends with a celebration of a new way to eat cantaloupe. Cantaloupe can be part of a mixture of other foods.
- Show the children the Cantaloupe Fruit Salad and talk about the other foods in the salad. If making the recipe as part of the activity, make it at this point.
- Serve the children the Cantaloupe Fruit Salad.
- As the children are eating, ask:
  - What cantaloupe recipes they have made with their parents?
  - What different ways have they eaten cantaloupe?
  - What new ways do they think cantaloupe could be eaten?
- Give suggestions such as cantaloupe in salads, salsas, smoothies, mixed fruit salads, chilled soups, and cantaloupe wedges.

Activity Length:
10-15 minutes

Words To Grow

Salad
Cantaloupe
Peach
Mixture
Strawberry

Cantaloupe Fruit Salad

For the Child and Adult Care Food Program

Preparation Time: 10 minutes
Yield: 16 child-size portions of ½-cup

- **1¼ cups fresh cantaloupe**
- **1¼ cups fresh peaches**
- **1¼ cups fresh strawberries**
- **3 Tbsp frozen orange juice concentrate, thawed**

1. Wash cantaloupe with cool tap water. Cut open and remove seeds. Cut cantaloupe flesh from rind and cut into small pieces. Place in a medium-size bowl.
2. Wash strawberries and remove green tops. Cut strawberries into small pieces and place on top of cantaloupe.
3. Blanch fresh peaches to remove skin if desired (see Tips). Cut into small pieces and place on top of cantaloupe/strawberry mixture.
4. Pour orange juice concentrate over fruit and mix. Cover and refrigerate 2 hours.
5. When ready to serve, stir fruit to mix.

Variations: Substitute unsweetened, whole frozen strawberries (thawed) for fresh strawberries. Substitute canned peaches (packed in water or juice), drained, or frozen peach slices (thawed) for fresh peaches.

Cooking with Children

Young children can:

- Wash hands first
- Help thoroughly wash the outside rind of the cantaloupe
- Help wash fresh peaches and strawberries in a colander
- Help cut cantaloupe, peaches, and strawberries into small pieces using a cutting board and plastic knife
- Pour orange juice concentrate over fruit pieces

Adults should cut the melon from the rind and blanch and peel the peaches if using fresh peaches.

Nutrients per 1 child-size serving of ½ cup: Calories 21, Protein, 0.4 g, Carbohydrate 5.2 g, Total Fat 0 .1 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 625 IU, Vitamin C 19.9 mg, Iron 0 .1 mg, Calcium 5.4 mg, Sodium 1.7 mg, Dietary Fiber 0 .8 g

Growing at Home Materials...

for Cantaloupe Corner Lessons

Cantaloupe Growing at Home #1

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Our series of lessons about Tasty Acres Farm from our *Grow It, Try It, Like It!* lessons has us exploring Cantaloupe Corner. Today your child learned about cantaloupe and how this fruit looks, feels, tastes, and smells. He/she learned that cantaloupe:

- Is round;
- Feels rough on the outside;
- Is orange, smooth, and juicy on the inside;
- Has seeds and string-like fibers in its center; and
- Smells and tastes sweet.

Cantaloupe Melon Kabobs are a delicious, easy way to enjoy cantaloupe; the recipe is on the next page. Talk with your child about eating cantaloupe as you make this recipe together. Or, make a favorite family recipe with your child that includes cantaloupe.

Enclosed with this note is a fun activity, **What Do Cantaloupe Look Like**? Your child will love having fun exploring healthful foods like cantaloupe with you. Spend a few minutes together looking at a cantaloupe and touching it; activities like this will result in your child being more willing to try new and different foods at child care and at home!

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Make a mini fruit pizza! Top a graham cracker with low-fat or fat-free cream cheese or peanut butter and layer with slices of fresh fruit in season.

Cantaloupe Melon Kabobs

Preparation Time: 10 minutes
Serves: 12 child-size portions of 1 kabob with 2 tsp yogurt (about ¼ cup fruit)
Serves: 6 adult-size portions of 2 kabobs with 4 tsp yogurt

- **1 cup fresh cantaloupe, cut in 1-inch cubes**
- **1 cup fresh honeydew melon, cut in 1-inch cubes**
- **1 cup fresh watermelon, cut in 1-inch cubes, remove seeds**
- **1 cup low-fat or fat-free vanilla or fruit-flavored yogurt, for dipping or drizzling**
- **12 wooden craft sticks**

1. Wash melons under cool running tap water. Scrub outside of melons with clean vegetable brush and rinse. Cut open and remove seeds of cantaloupe and honeydew melons. Cut melon flesh from rind and remove any bruised or damaged areas. Cut into 1-inch cubes.
2. Press wooden stick through center of a piece of cantaloupe, leaving 1-inch of stick bare for a handle at one end.
3. Repeat pressing other pieces of melon on wooden stick alternating types until stick is full. Refrigerate or serve immediately. Offer yogurt as sauce for dipping kabobs.

Tip: Freeze kabobs for a cool, frosty fruit treat on a hot summer day. Place kabobs on a tray and place in the freezer. After 30 minutes, transfer to a zipper lock freezer bag, label, and date.

Cooking with Children

Young children can:
- Wash hands first
- Help thoroughly wash the outside rinds of melons
- Help thread pieces of fruit on sticks

Adults should cut melons and remove seeds and rinds; cut fruit into 1-inch pieces, and help thread fruit onto wooden sticks.

Nutrients per 1 child-size serving of 1 kabob (about ¼ cup fruit): Calories 34, Protein 1.1 g, Carbohydrate 7.1 g, Total Fat 0.3 g, Saturated Fat 0 .2 g, Cholesterol 1 mg, Vitamin A 492.5 IU, Vitamin C 10.5 mg, Iron. 1 mg, Calcium 31.6 mg, Sodium 13.7 mg, Dietary Fiber 0.3 g

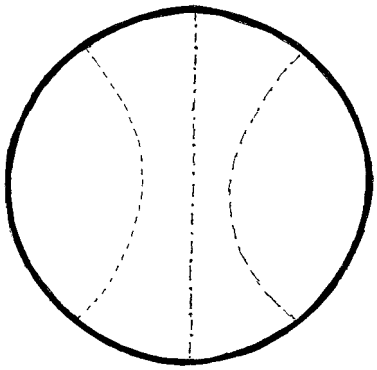
What Do Cantaloupe Look Like?

Dear Parents and Guardians:
Generally, children are more eager to try and eat foods that are familiar. Help your child review what they have learned about cantaloupe in child care. If possible, buy a cantaloupe and explore it with your child as you complete this activity. Your child will love sharing with you everything we've learned about how a cantaloupe looks, feels, and tastes! We've learned:

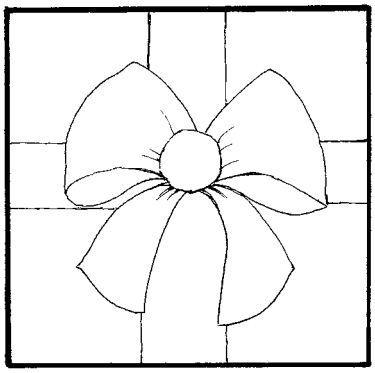
Cantaloupe is round with tan colored skin. The outside rind of a cantaloupe feels rough when you touch it. We scrub the outside well before we cut a cantaloupe in half. The inside of cantaloupe is orange, soft, and smooth. The seeds of the cantaloupe are in the center. We remove these seeds before we eat cantaloupe.

Have your child complete the activity below.

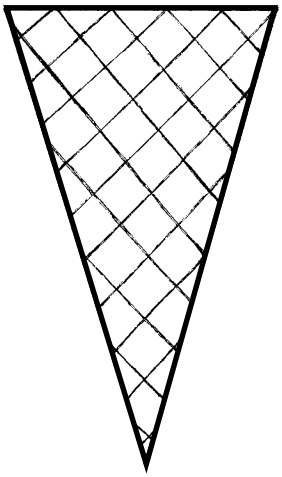
What shape is cantaloupe? Draw a circle around the object with the same shape as cantaloupe.



Round like a basketball



Square like a box



Triangle shape like an ice cream cone

Cantaloupe Growing at Home #2

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Today our lessons about cantaloupe focused on the garden. Your child learned about planting cantaloupe seeds and how this fruit grows and is harvested. Ask your child to share what we learned about growing cantaloupe. Some points we covered included that cantaloupes:

- Grow from seeds that are found inside them;
- Need soil, sun, water, and time to grow;
- Grow on long vines above the ground; and
- Are cut from the vine when the outside turns tan in color.

Continue learning experiences at home by making the attached recipe, **Cantaloupe Soup**, with your child. It is easy to do and tastes great! You may wish to make other family recipes with your child that include cantaloupe. Frequently offering cantaloupe will encourage your child to eat this healthful fruit.

The activity page enclosed, **The Story of How a Cantaloupe Grows**, will help your child remember what we learned in class today. Create a special memory by reading the activity and snacking on the Cantaloupe Soup you made together! When done, follow the directions to create a game your child can play over and over again. Offering a new food such as cantaloupe many times is another great way to help your child develop healthful eating habits.

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Fruit is the original fast food snack. Keep plenty on hand and easy to reach. Prepare a plate of fruit kabobs and set next to low-fat or fat-free yogurt in the refrigerator. It's a snack waiting to happen!

Cantaloupe Soup

Preparation Time: 10 minutes
Serves: 6 child portions of ½ cup
Serves: 3 adult portions of 1 cup

- **3 cups fresh, chilled cantaloupe chunks**
- **1 cup cold orange juice**
- **Sugar is optional**

1. Put chunks of cantaloupe in blender or food processor.
2. Pour orange juice and sugar, if used, over cantaloupe.
3. Cover tightly with lid and puree or blend until very smooth.
Pour into bowls and serve immediately. Refrigerate any leftovers.

Variation: Make half a recipe with cantaloupe and transfer to a pitcher. Make another half a recipe with strawberries (or another fruit) and transfer to a second pitcher. Make half-and-half soup by pouring from both pitchers at the same time into bowls. Pouring at the same time will keep the two colors from mixing.

Tip: Freeze soup in 9" by 13" by 2" pan for 20-30 minutes in the freezer, stirring every 5-10 minutes until slushy. Scoop icy fruit slush into bowls for a frosty, refreshing dessert.

Cooking with Children

Young children can:
- Wash hands first
- Help cut cantaloupe into small pieces using a cutting board and plastic knife.
- Help add ingredients to blender pitcher.
- Help cover blender and watch as adult operates blender.
- Help stir slushy cantaloupe soup if icy fruit slush option is made.

Adults should cut melons and remove seeds and rinds; cut fruit into 1-inch pieces, and do all steps involving the blender.

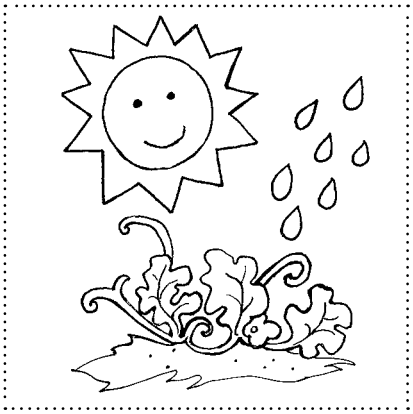
Nutrients per 1 child-size serving of ½ cup: Calories 46, Protein 1 g, Carbohydrate 10.8 g, Total Fat 0.2 g, Saturated Fat 0.1 g Cholesterol 0 mg, Vitamin A 2788 IU, Vitamin C 50 mg, Iron 0.3 mg, Calcium 11.8 mg, Sodium 13 mg, Dietary Fiber 0.8 g

Story of How a Cantaloupe Grows

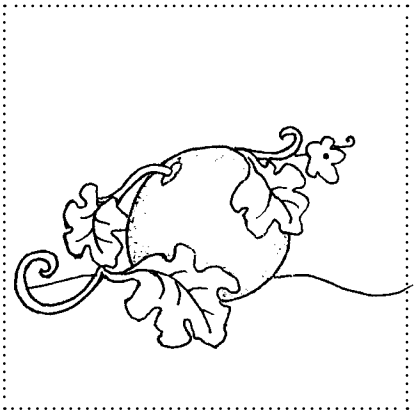
Dear Parents and Guardians:

Your child has learned about growing and harvesting cantaloupe. Review what they have learned by reading this story together. The pictures show the steps of growing and harvesting a cantaloupe. Enjoy eating Cantaloupe Soup while you read this story together. After you have read the story, you can cut the pictures apart and create a game for your child. Have your child practice putting the story of how a cantaloupe grows in the right order.

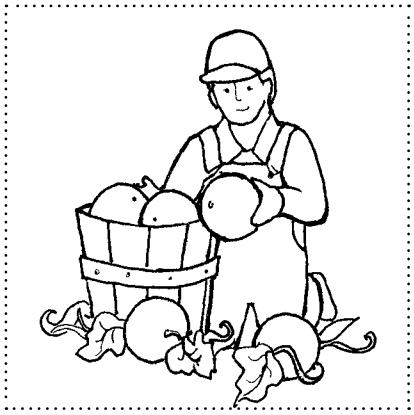
In spring, a farmer plants cantaloupe seeds in the ground.



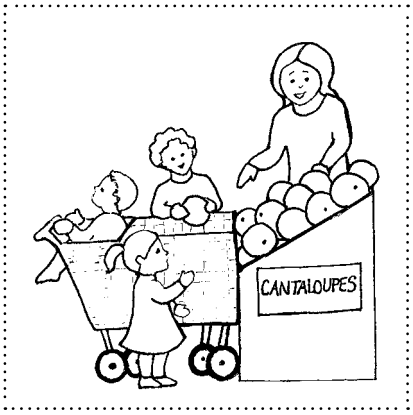
The cantaloupe seeds grow vines on top of the ground. The plants need soil, a lot of sun, warm weather, water, and time to grow.



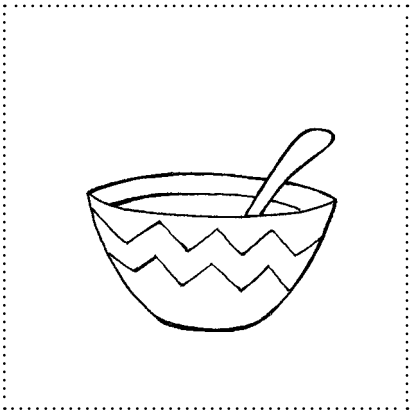
Cantaloupes grow on the vines and ripen to a tan color during the summer.



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!

Cantaloupe Growing at Home #3

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Today we concluded our lessons on cantaloupe with a celebration of taste. Cantaloupe tastes wonderful prepared and served in many different ways. Ask your child to tell his/her favorite ways to eat cantaloupe. Some of the new ideas for cantaloupe we discussed were:

- Mixed in salads;
- Cubed for kabobs or scooped into balls for snacks;
- Blended in cold soups and smoothies; and
- Chopped for salsas.

Help your child continue learning at home in a fun and tasty way. Together, make the delicious and easy **Cantaloupe Fruit Salad** recipe shown on the following page. It is sure to become a favorite family cantaloupe recipe.

Cantaloupe Cuisine–New Ideas for Enjoying Cantaloupe is an activity to get your child and you thinking about cantaloupe and all the different ways to eat this juicy, sweet fruit. Have fun trying cantaloupe in different foods with your child. Trying new and different foods helps your child enjoy new taste experiences.

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Children who help prepare food are more likely to try those foods. Plan regular times to cook with your child, maybe on a weekend when schedules are less hectic.

Cantaloupe Fruit Salad

Preparation Time: 10 minutes
Serves: 16 child-size portions of ½-cup
Serves: 8 adult-size portions of 1 cup

- **1½ cups fresh cantaloupe**
- **1¼ cups fresh peaches**
- **1¼ cups fresh strawberries**
- **3 Tbsp frozen orange juice concentrate, thawed**

1. Wash cantaloupe with cool tap water. Cut cantaloupe open and remove seeds. Cut cantaloupe flesh from rind and cut into small pieces. Place in a medium-size bowl.
2. Wash strawberries and remove green tops. Cut strawberries into small pieces and place on top of cantaloupe.
3. Blanch fresh peaches to remove skin if desired (see Tips). Cut into small pieces and place on top of cantaloupe/strawberry mixture.
4. Pour orange juice concentrate over fruit and stir gently to mix. Cover and refrigerate 2 hours.
5. When ready to serve, stir fruit to mix.

Variations: Substitute unsweetened, whole frozen strawberries (thawed) for fresh strawberries. Substitute canned peaches (packed in water or juice), drained, or frozen peach slices (thawed) for fresh peaches.

Cooking with Children

Young children can:

- Wash hands first
- Help thoroughly wash the outside rind of the cantaloupe
- Help wash fresh peaches and strawberries in a colander
- Help make cantaloupe balls with a melon ball kitchen tool
- Help cut cantaloupe, peaches, and strawberries into small pieces using a cutting board and plastic knife
- Pour orange juice concentrate over fruit pieces

Adults should cut melon from the rind and blanch and peel the peaches if using fresh peaches.

Nutrients per 1 child-size serving of 1/2 cup: Calories 21, Protein, 0.4 g, Carbohydrate 5.2 g, Total Fat 0 .1 g, Saturated Fat 0 g, Cholesterol 0 mg, Vitamin A 625 IU, Vitamin C 19.9 mg, Iron 0 .1 mg, Calcium 5.4 mg, Sodium 1.7 mg, Dietary Fiber 0.8 g

Cantaloupe Cuisine New ideas for enjoying cantaloupe

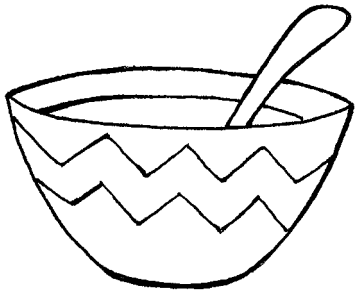
Dear Parents and Guardians:

Encourage children to enjoy foods in many different ways. The chance to experiment and try different dishes featuring cantaloupe is a great family activity. While everyone might not like every food the same, that's okay! It is fun to try. It is sometimes surprising to find out what tastes are favored.

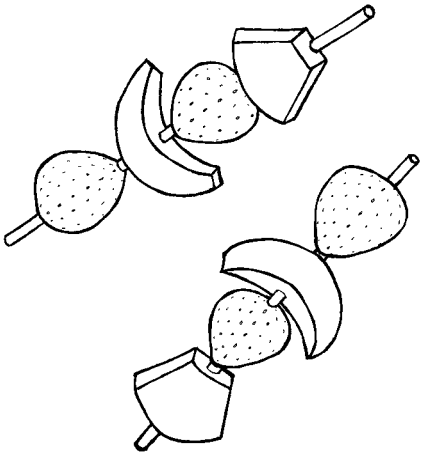
Talk with your child about eating cantaloupe. Explore ways that are familiar and ways that may be new. The activity below is a great way to start.

Have your child draw a circle around the ways they know they like to eat cantaloupe. Talk with your child about new cantaloupe ideas your family could try. Invite your child to draw a picture of a brand new idea. Make a plan to taste a new recipe with cantaloupe, either one shown here or the idea your child creates with you. Your child can have also fun coloring the pictures of cantaloupe ideas below.

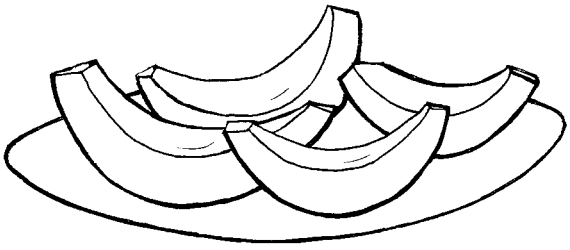
Try one of these ideas this week!



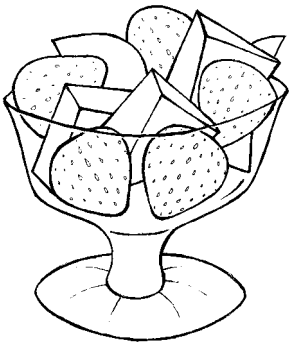
Cantaloupe soup



Cantaloupe Kabobs

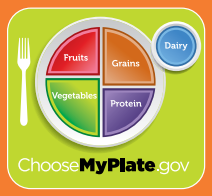


Cantaloupe sections on a plate



Cantaloupe Fruit Salad

Help your child create and draw a new idea for eating cantaloupe on the reverse side of page.



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choosemyplate.gov

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