



Melon Exploration: Preschool Lesson



Objectives

- Children learn about different types of local melons (cantaloupe, watermelon, and honeydew) and become comfortable with tasting new foods in their supportive, positive environment of their preschool.
- Children practice using their senses to explore environments.
- Children learn about making predictions.
- Children learn that many fruits come in lots of different varieties that all look and taste different.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-2, APL-5, APL-8

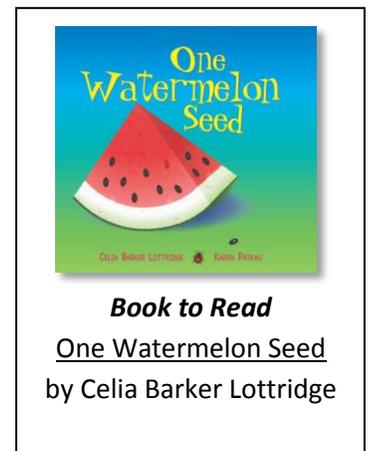
ESD-1, ESD-2

HPD-1, HPD-5, HPD-6

CD-1, CD-3, CD-11, CD-14, CD-15

Materials

- Local watermelon, cantaloupe, and/or honeydew melon
- Plates
- Forks
- Knife (*for adult use only*)
- Cutting board
- Pictures of melons growing



Activities

Discussion

Begin by showing children the whole, uncut melons. Can they name the different types of melons? Show pictures of the melons growing. Explain that melons grow on LONG vines. Have the children ever seen a vine? What do the children think the melons need to grow (nutrients, sunlight, water)?

Have the children compare the sizes (longer/taller/larger) and weights (heavier/lighter) of the melons.

Ask the children to touch each melon and to describe how it feels. Is the melon bumpy or smooth? How does it look? What color is the melon? How does it smell? Guide the children in making predictions about what each melon will look like on the inside. What color will it be? What will be inside? Water? Seeds? Make predictions about each melon.



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Taste the Melons

Set up: Wash, cut open, and cut each melon into chunks. Give each child a paper plate with one chunk of each melon and a plastic fork. Guide the children in tasting their melons one at a time, showing them pictures of each melon growing to remind them of what the melon looks like on the outside. After they eat each bite, ask the children to describe how the melon tastes. Which of the melons was the children's favorite? Give them more chunks of their favorite melon to eat. When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table. Did they have a favorite? Make a graph recording the children's votes for their favorite melon.