

Cantaloupe

Teacher Guide: K - 2nd Grade



Cantaloupe

It is in the same family as melons, squash, cucumbers, and even pumpkins.



Family Photo

vitamin A C
It can help your eyes and skin.
It can also help you not get sick.


Freeze it and put it in a blender to make a healthy frozen dessert!



How to use this guide:

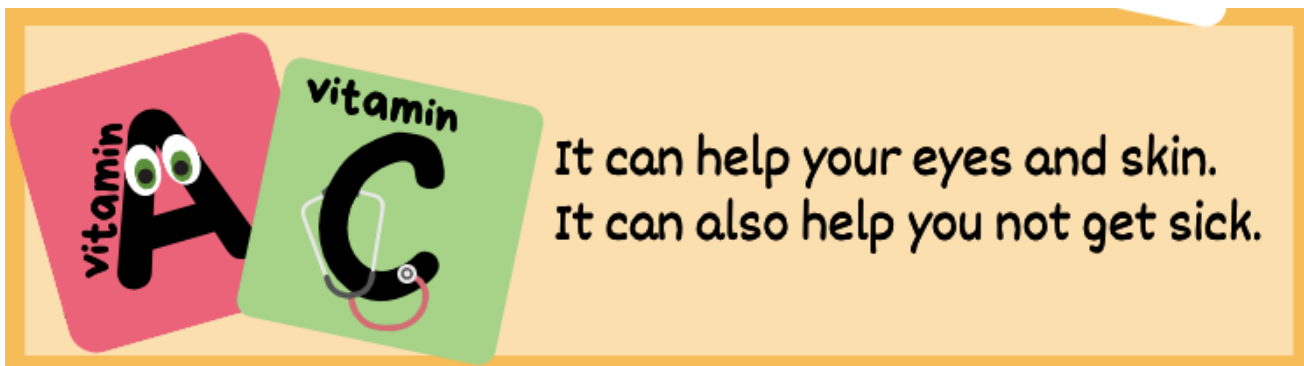
This guide breaks down the three sections on the slide and gives you background information and a "script" to prompt discussion with your students.

It is in the same family as melons, squash, cucumbers, and even pumpkins.

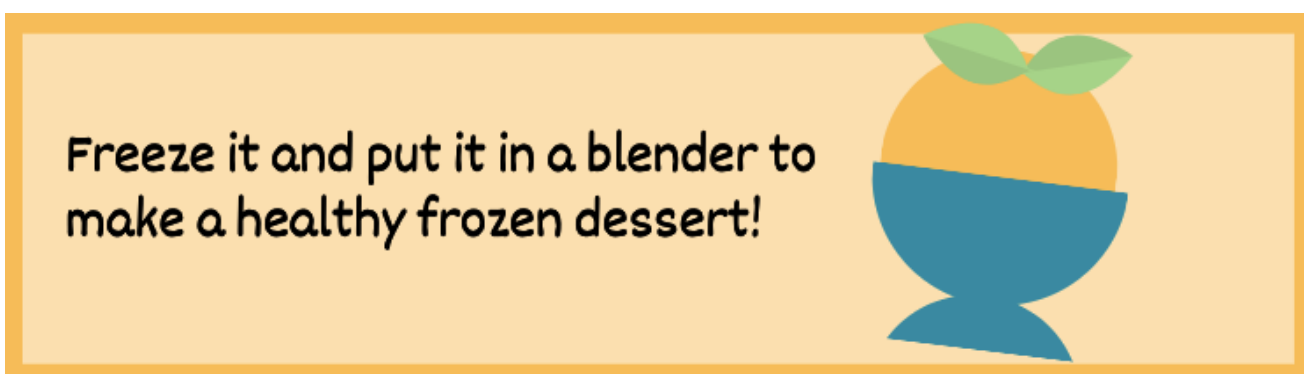


Family Photo

It is in the same family as melons, squash, cucumbers, and pumpkins. They grow on a vine. What does a vine look like? Cantaloupe starts out as a yellow flower, and then (after 35-45 days) grow into a big fruit!



Do you know what vitamins are? Vitamins are things in our food that help us grow strong and healthy. Cantaloupe has 2 important vitamins in it. One of them is called vitamin A, and that can help your eyes see better and can protect your skin from the sun. The other vitamin is called vitamin C, which helps your body fight off germs so you don't get sick.



You can freeze cut up cantaloupe in the freezer and put it in a blender to make it into a dessert that kind of looks like a slush. Do you all have a blender at home? What are some other ways we could eat cantaloupe? (Examples: fruit salad, cantaloupe salsa, etc. Encourage the children to be creative.)

References:

8 fun facts about cantaloupe. The Humble Gardener website. <https://thehumblegardener.com/fun-facts-about-cantaloupe/>. Accessed April 3, 2019.
Christensen, J. How long does it take melons to fruit? SFGate website. <https://homeguides.sfgate.com/long-melons-fruit-40092.html>. Accessed April 3, 2019.