



# Honeydew

## Teacher Guide: K - 2nd Grade



## Honeydew

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




Family Photo

**vitamin C**

It can help you not get sick.

Chop it up with other fruit to make a yummy fruit salad!



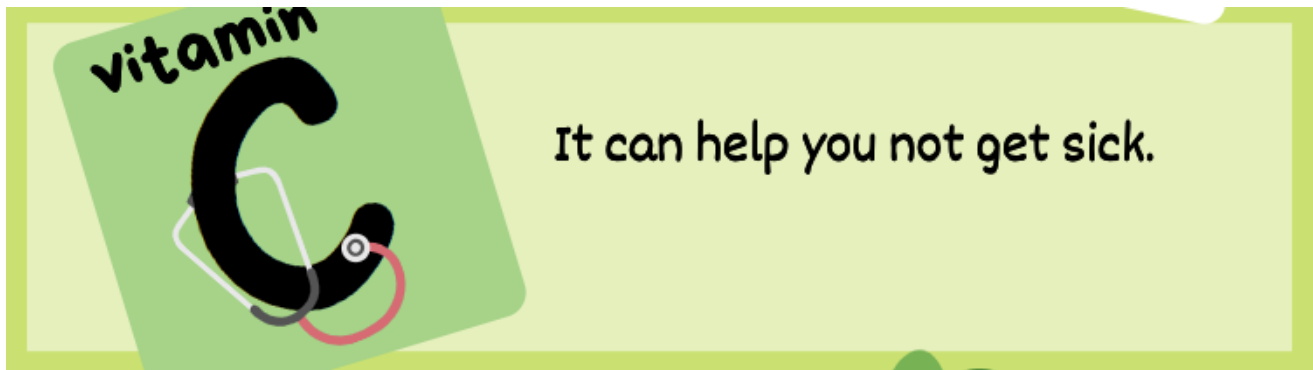
## How to use this guide:

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.



It is in the same family as melons, squash, cucumbers, and pumpkins. They grow on a vine. What does a vine look like? Honeydew starts out as a yellow flower, and then (after 45-60 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. Honeydew has an important vitamin in it called vitamin C, which helps your body fight off germs so you don't get sick.



You can chop up honeydew into cubes like what you're eating now and mix them it with other fruit to make a yummy fruit salad! What other fruit would taste really good in a fruit salad? (Examples: grapes, blueberries, apples, oranges, strawberries, etc. Encourage the children to be creative.)

References:

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.  
Thompson, C. Honeydew: 7 fun facts. WebMD website. <https://www.webmd.com/food-recipes/features/honeydew-7-healthy-facts#1/>. Accessed April 3, 2019.