



Cantaloupe

Teacher Guide: 3rd - 5th Grade



Cantaloupe


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



It has a lot of vitamin A, which can help your eyes and skin. It also has vitamin C, which can help your immune system fight off germs.




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



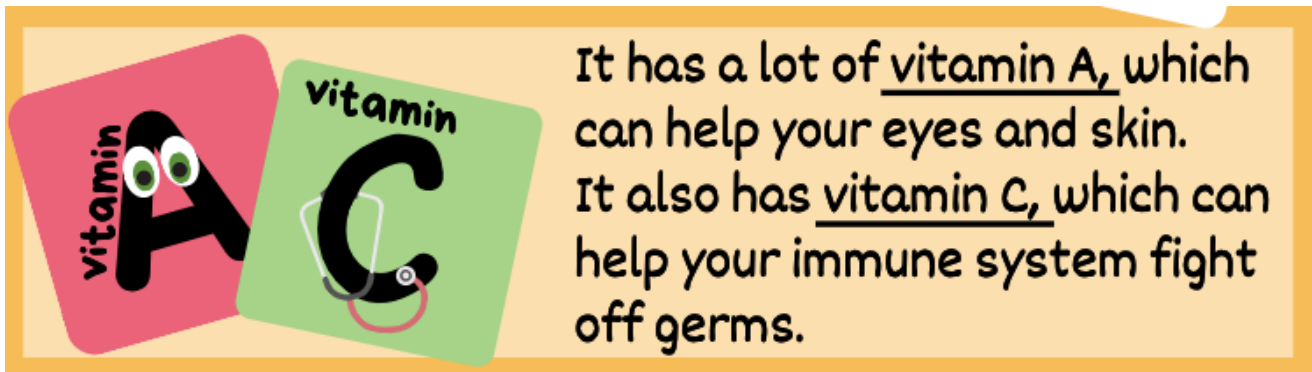
How to use this guide:

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

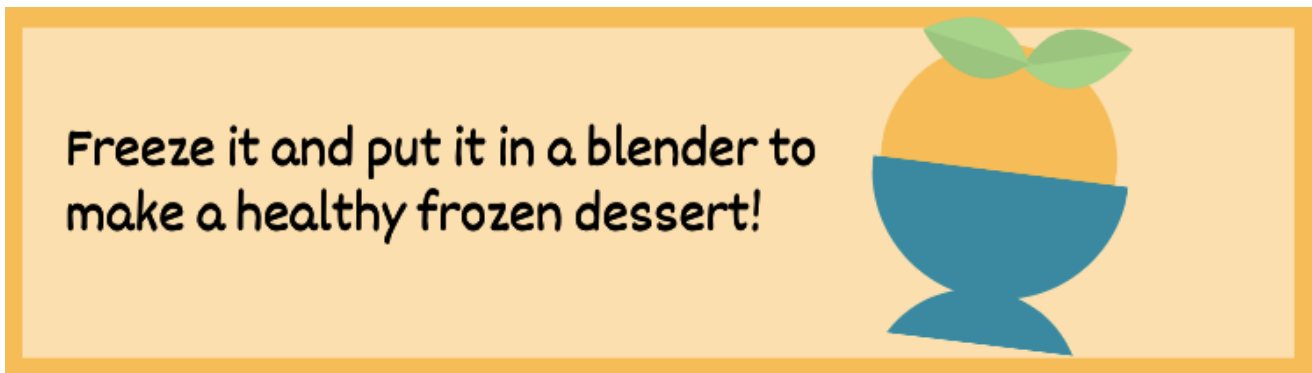
It is in the same family as melons, squash, cucumbers, and even pumpkins.



It is in the same family as melons, squash, cucumbers, and pumpkins. Do you know how they grow? They grow on a vine. Cantaloupe starts out as a yellow flower. It takes about 35 days for the flower to grow into a big fruit.



Who can tell me what vitamins are? (Vitamins are things that our body needs to grow, but we can't make them on our own, so we get them from our food.) Cantaloupe has 2 important vitamins in it. One of them is called vitamin A. It can help your eyes see better and can protect your skin from the sun. The other vitamin is called vitamin C, which helps build your immune system so your body can fight off germs that could make you 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.