



Honeydew

Teacher Guide: 3rd - 5th Grade



Honeydew


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



vitamin **C**

It has a lot of vitamin C, which can help your immune system fight off germs.


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. Do you know how they grow? They grow on a vine. Honeydew starts out as a yellow flower. It takes 45-60 days for the flower to turn 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.) Honeydew has an important vitamin in it called vitamin C, which helps build your immune system so your body can fight off germs that could make you 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.)