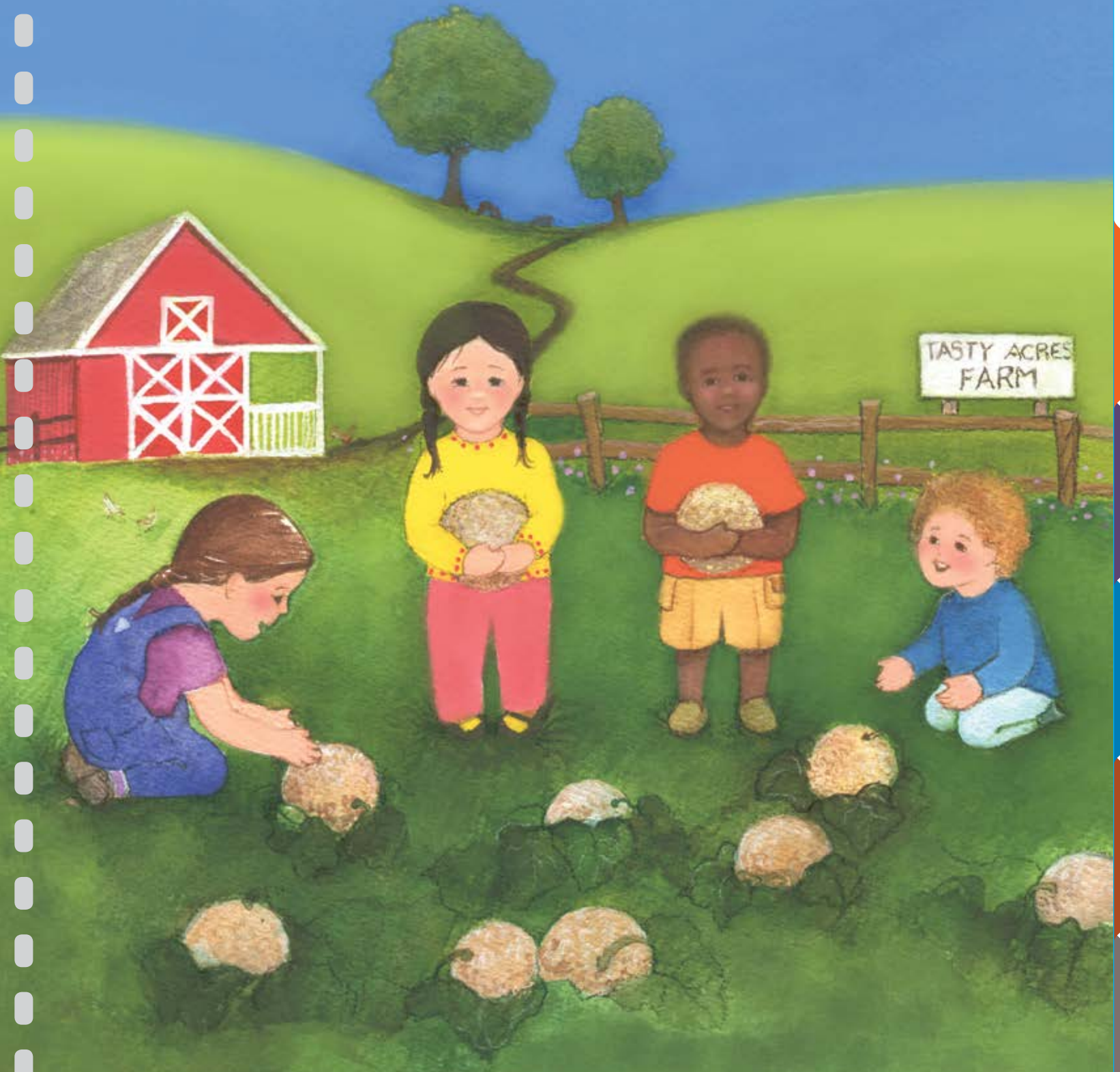


Cantaloupe Corner



CANTALOUPE

SQUASH

PEACH

POTATO

APPENDIXES

WELCOME TO

Cantaloupe Corner at Tasty Acres Farm!

Cantaloupe is a juicy fruit that ripens on the vine. Through the activities in this unit, children will explore cantaloupe, experiencing how it looks, feels, smells, and tastes.

Cantaloupe Corner connects the cantaloupes grown on the farm or in your garden to the fruit in the store or the farmers market. Leave time to tempt the taste buds with cantaloupe fruit salad. Growing at Home materials encourage families to include cantaloupe in cooking, conversations, and fun and games.



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Cantaloupe Activity Chart

DAY 1 45 minutes	DAY 2 45-55 minutes	DAY 3 40 minutes	DAY 4 40-50 minutes	DAY 5 40-50 minutes
MYSTERY BOX OR BAG	GROWING ACTIVITY	GROWING ACTIVITY	GROWING ACTIVITY	FOOD GROUP ACTIVITY
<p>Can You Tell What's Hiding?</p> <p>15 minutes</p> 	<p>Cantaloupes Start as Seeds</p> <p>10 minutes</p>	<p>Plant a Cantaloupe Seed in a Cup</p> <p>15 minutes</p> 	<p>Plant a Cantaloupe Seed or Starter Plant Outdoors</p> <p>15 minutes</p>	<p>Cantaloupe Is a Fruit</p> <p>20-25 minutes</p>
TASTING ACTIVITY	TASTING ACTIVITY	MOVEMENT ACTIVITY	CRAFT ACTIVITY	MOVEMENT ACTIVITY
<p>Cantaloupe—A Look Inside</p> <p>15 minutes</p> 	<p>Cantaloupe Shapes</p> <p>10-15 minutes</p>	<p>Old MacDonald Had a Farm, Cantaloupe Style</p> <p>10 minutes</p>	<p>Decorated Garden Bags</p> <p>15 minutes</p> 	<p>Cantaloupe Curl Ups</p> <p>10 minutes</p>
CRAFT ACTIVITY	CRAFT ACTIVITY	TASTING ACTIVITY	READING ACTIVITY	TASTING ACTIVITY
<p>Row Markers</p> <p>15 minutes</p>	<p>Seed Art</p> <p>15-20 minutes</p>	<p>Cantaloupe Fruit Salad</p> <p>15 minutes</p>	 <p>10-20 minutes</p>	<p>Meet Cantaloupe's Fruit Friends</p> <p>10-15 minutes</p> 
	MOVEMENT ACTIVITY			
	<p>"Cantaloupe Says"</p> <p>10 minutes</p> 			





Introduction to Cantaloupe Corner Activities

Check with local farms and farmers markets to find out when cantaloupe is in peak season. Usually cantaloupe is a summer crop. Seeing cantaloupe growing in the field makes a great farm field trip for preschoolers. If a farm is not nearby, visit a produce stand or farmers market to see fresh cantaloupe.

The cantaloupe lessons in this unit are arranged by day to teach over the course of 5 consecutive days. If possible, do the growing activities and enjoy homegrown cantaloupe. It is an easy fruit to grow and can be planted in a garden bed or 5-gallon container (smaller varieties of cantaloupe). Planting and watching a plant grow can be an enjoyable activity for children.

WORDS TO GROW

New Words To Use When Teaching About Cantaloupe

Fruits	Circle
Summer	Melons
Round	Tan
Vines	Orange
Inside	Outside

ACTIVITY LENGTH

Most activities require only 10–15 minutes.

CREDITING TIPS

Some activities in this unit include children eating cantaloupe. Check for food allergies before serving. If you plan to serve cantaloupe as part of a reimbursable meal or snack for the Child and Adult Care Food Program (CACFP), check the minimum serving sizes for each age group (Appendix G, page 330). There are also Crediting Tips with some of the recipes. If you plan to serve those as part of a reimbursable meal or snack, refer to the Crediting Tips for guidance.

For information on purchasing the correct amount of cantaloupe, see USDA's Food Buying Guide at <https://foodbuyingguide.fns.usda.gov>.

LUNCH AND SUPPER MEAL PATTERNS

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Meat and meat alternates	1 oz eq	1½ oz eq
Vegetables	⅓ cup	¼ cup
Fruits	⅓ cup	¼ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

SNACK MEAL PATTERNS

Select 2 of the 5 components for snack

	Ages 1-2	Ages 3-5
Milk	½ cup	½ cup
Meat and meat alternates	½ oz eq	½ oz eq
Vegetables	½ cup	½ cup
Fruits	½ cup	½ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.



Getting To Know Cantaloupe

Fresh, juicy cantaloupe is typically a crowd pleaser, especially when it is in peak season! If you or the children you care for are new to cantaloupe, this unit of *Grow It, Try It, Like It!* will give you many reasons to love this melon.

Cantaloupe can be bought in the produce section of the grocery store or at farm stands and farmers markets. You can judge a cantaloupe's ripeness by its skin color and stem. The rind of a cantaloupe becomes more yellow and the netting pattern becomes more pronounced as it ripens. When melons are ripe, the stem will naturally separate from the vine. It is also common to find pre-cut cantaloupe with refrigerated produce or in the grab-and-go section.

GROWING GUIDE

Cantaloupes grow on vines and thrive in warm soil. The cantaloupe vines need room to roam, therefore it is best to plant seeds at least 36 inches apart or plant melon seedlings 12 inches apart at the base of a trellis or wire fence and train the vines to climb.



KITCHEN TIPS

- Always scrub the rind under cool running water before cutting a melon. Dry with a clean paper towel.
- Slice off the bottom and top ends of a melon first so that it lies flat on a cutting board.
- With a knife, from top to bottom, cut away strips of the rind, following the shape of the fruit.
- Halve the fruit, scoop out the seeds, and slice or cube as desired.

HOW SHOULD I STORE MY CANTALOUPE?

If a cantaloupe needs to ripen, store at room temperature for up to 2 days (keeping it in a closed paper bag will speed up the process). For ripe cantaloupe, store in the refrigerator for up to 5 days (2-3 days if it has been cut). If you have extra cantaloupe that you can't immediately use, freeze chunks of melon and use for smoothies or cold soups.

THREE SIMPLE WAYS TO SERVE CANTALOUPE

1. Bite-size pieces of cantaloupe served alone.
2. Bite-size pieces added to green salad for color and a sweet surprise.
3. Fresh or frozen cantaloupe added to a fruit smoothie.



Cantaloupe

Please provide a print copy (or email a digital copy) of Growing at Home to families before, during, or after completing the Cantaloupe Corner activities. These handouts and recipes are a great way to keep families informed about what their children are learning during the day.

Content from this handout can also be displayed on a family bulletin board or shared on your website.

In addition to the ideas above, text, tweet, or share daily cantaloupe lesson highlights with the families.

MESSAGES FOR FAMILIES

DAY ONE

- Today, your child made a row maker for a cantaloupe plant. #GrowIt
- Today your child tasted cantaloupe. Ask your child how it was. #GrowIt

DAY TWO

- Today your child learned that cantaloupe grows on a vine. #GrowIt

DAY THREE

- Today your child planted a cantaloupe seed in a cup. We'll watch them grow. #GrowIt

DAY FOUR

- Today your child planted a cantaloupe seed. Ask your child what seeds need to grow. (Soil, water, sun, and time) #GrowIt
- Today we read a book that had fruits and vegetables as part of the story. Ask your child to describe his or her favorite part. #GrowIt

DAY FIVE

- Today your child learned about the MyPlate food groups. Ask your child which food group cantaloupe is in. #GrowIt



PREPARATION TIME

10 minutes

MAKES

8 servings

WHAT TO DO
AHEAD OF TIME

- Scrub cantaloupe under cool running water with a vegetable brush. Cut cantaloupe open and remove the seeds. Cut the cantaloupe flesh from rind and cut into small pieces. Place in a medium sized bowl.
- Rinse the strawberries and remove the green tops. Cut the strawberries into small pieces and place on top of the cantaloupe in the bowl.
- Cut peaches into small pieces and place on top of the cantaloupe/strawberry mixture in the bowl.

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the fruit into small pieces.

NUTRIENTS PER SERVING

Calories	21
Protein	0 g
Carbohydrate	5 g
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Iron	0 mg
Calcium	5 mg
Sodium	2 mg
Dietary Fiber	1 g

Cantaloupe Fruit Salad



INGREDIENTS

- 1 ½ cups cantaloupe, fresh, cut into ½-inch pieces
- 1 ¼ cups peaches, fresh, cut into ½-inch pieces
- 1 ¼ cups strawberries, fresh, cut into ½-inch pieces
- 3 tablespoons orange juice concentrate, frozen, thawed
- Fork, plate, and napkin

INSTRUCTIONS

1. Pour orange juice concentrate over the fruit salad and stir gently to mix.
2. Serve immediately or cover and refrigerate for 2 hours.

COOKING WITH CHILDREN

Young children can:

- Help scrub the melon with a vegetable brush.
- Help mix ingredients in the bowl.
- Help scoop seeds from the melon.



Can You Tell Me About Cantaloupe?

ACTIVITY OVERVIEW



MYSTERY BOX OR BAG ACTIVITY

Can You Tell What's Hiding?

Page 134

15 minutes



TASTING ACTIVITY

Cantaloupe—A Look Inside

Pages 135–136

15 minutes



CRAFT ACTIVITY

Row Markers

Page 137

15 minutes





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Review Make a Mystery Box or Bag, as needed (Basics, page 11).
- Scrub cantaloupe with a vegetable brush under cool running water.
- Put a whole cantaloupe in the Mystery Box or Bag.
- Make copies of Growing at Home: Cantaloupe, one set per child (pages 131–132), or draft an email for families.
- Have the children wash their hands before and after activity (Appendix D: Hand Washing, page 325).

WORDS TO GROW

Fruit	Round
Tan	Melon
Rough	Heavy
Sweet	

MYSTERY BOX OR BAG ACTIVITY

Can You Tell What's Hiding?

Use the Mystery Box or Bag to create interest. Have the children feel the outside of a cantaloupe before revealing the “mystery” item to all.

OBJECTIVES

The children will be able to:

- Identify cantaloupe as a heavy and textured round fruit; and
- Describe the appearance and smell of cantaloupe.

MATERIALS NEEDED

- One cantaloupe, scrubbed with a vegetable brush under cool running water
- Mystery Box or Bag
- Paper and pencil or pen
- Basketball (*optional*)

INSTRUCTIONS

- Introduce the Mystery Box or Bag, or reintroduce it if you have used it before (Basics, page 11).
- One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box or bag with the child.
- Ask each child to describe quietly to you what he or she feels.
- After everyone has guessed, show the cantaloupe to the children. Let each child hold the cantaloupe, if desired.
- Note the children’s guesses that were close (round, a plant, food) or correct (cantaloupe).
- Talk about the cantaloupe. Ask the questions below and any other questions you like.
 - Is cantaloupe a fruit or a vegetable? (Fruit)
 - What shape is it? (Round like a ball)
 - What color is the outside of the cantaloupe? (Tan like the color of sand)
 - How does the outside of it feel? (Rough like a basketball—let children feel the basketball, if available)
 - Does it have a smell? (Smells sweet like a flower)
 - Has anyone ever tasted a cantaloupe? (Yes or no)



TASTING ACTIVITY

Cantaloupe—A Look Inside



ACTIVITY LENGTH

15 minutes



WHAT TO DO AHEAD OF TIME

- Scrub the cantaloupe with a vegetable brush under cool running water.
- Assemble materials. Keep the knife in a safe place until ready to use.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.

Engage all the senses! The children see and feel the inside of a cantaloupe, then smell and taste it.

OBJECTIVES

The children will be able to:

- Describe the appearance, smell, and taste of cantaloupe; and
- Tell that the orange flesh of a cantaloupe can be eaten, but not the rind or seeds.

MATERIALS NEEDED

- One cantaloupe
- Sharp knife
- Cutting board
- Spoon and container to hold removed seeds
- Paper towels
- Damp cloth and dry towel for wiping and drying hands
- Plates and napkins

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the cantaloupe with the children.

WORDS TO GROW

Seeds	Strings
Juicy	Orange
Slippery	Cool
Smooth	Green
White	

INSTRUCTIONS

- Have the children gather around the cantaloupe and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review with the children what they learned about cantaloupe already. If this is the first activity, tell the children that you have a cantaloupe to share today.
- Tell the children cantaloupes grow on the ground. We have to wash the outside very well to remove soil and germs before we cut it open. Tell them that you have already washed the cantaloupe.
- Cut the cantaloupe in half to reveal the inside. Have paper towels handy to wipe up extra juices. Using the spoon, scoop the center strings and seeds into a bowl and set aside. Let the children know they will get to touch the seeds a little later.
- Cut some cantaloupe into thin wedges with the rind intact. Give each child a thin wedge of cantaloupe for individual exploration.
- Talk with the children about the inside of the cantaloupe.
- Lead the children through the questions below and ask additional questions if you like.
 - What colors are on the inside of the cantaloupe? (Orange, green, white)
 - What does the inside of the cantaloupe look like? (Seeds, slippery string-like fibers, and orange flesh)
 - How does the inside flesh feel? (Cool and smooth)
 - How does the cantaloupe smell? (Sweet)

TIME TO TASTE!

- Invite children to taste the cantaloupe together. Remind them not to eat the rind and to take small bites.
- Modify the size and texture of the cantaloupe for younger children as needed (see Appendix F: Choking Prevention).
- Be a healthy role model! Enjoy some melon with the children. Encourage children who may be hesitant to take a tiny bite or even just a lick of the melon. Praise the children who tasted the melon.
- Continue the activity, asking:
 - How does the cantaloupe feel in their mouth? (Smooth and juicy)
 - How does the cantaloupe taste? (Sweet)
- After everyone has sampled his or her own cantaloupe wedge, invite the children to come to the bowl and feel the string-like fibers and seeds from the inside of the cantaloupe.
 - How do the seeds and string-like fibers feel? (Wet and slippery)
- After the children have felt the seeds and strings, have them wash their hands.



CRAFT ACTIVITY

Row Markers

The children draw and color cantaloupe on row markers.

OBJECTIVE

The children will be able to:

- Engage with cantaloupe in a fun and creative way; and
- Develop and strengthen their fine motor skills.

MATERIALS NEEDED

- Cantaloupe *Grow It! Cards*
- 2- by 4-inch rectangles of corrugated cardboard, one per child
- 4- by 6-inch pieces of white construction-weight paper or poster board, one per child
- Glue sticks or bottles, one for every 2-3 children
- Crayons, colored pencils, and markers
- Wooden craft sticks, one per child
- Clear packing tape and blunt tip scissors to cut tape, if not on a dispenser



INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children, “What is a garden?” Explain that a garden is an area of soil where vegetables and fruits grow. Explain that sometimes people grow fruits and vegetables in gardens in their yards. Fruits and vegetables also grow on farms in large areas of land called fields.
- Tell the children that row markers are helpful when plants are young and little. Row markers help mark what is growing until the plant is big enough to be recognized by its leaves, vines, flowers, and other plant parts. Explain that today they will make a row marker for a cantaloupe plant.
- Show the children a picture of a cantaloupe.
 - Talk with the children about what a cantaloupe looks like.
 - Review the shape (round) and color of a cantaloupe (outside/tan, inside/orange).
- Give each child a piece of paper. Have them draw at least one large circle on their piece of paper. They may choose to draw more than one circle and wedges. Ask them to color their circle like a cantaloupe. They may choose to color whole or cut cantaloupe.
- Help the children glue a piece of corrugated cardboard to the back center of their cantaloupe picture. When dry, push a wooden stick into the center of the piece of corrugated cardboard.
- Use strips of the clear packing tape to cover the white paper to waterproof the sign. Wrap the tape around the back of the sign to waterproof both sides of the paper. The tape will also help hold the cardboard and stick in place.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

MIXED-AGES TIP

Grow It! Buddies can help younger children make a row marker. *Grow It! Buddies* can write the word “Cantaloupe” on the row marker.



Cantaloupe: Where Do You Come From and How Do We Eat You?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Cantaloupes Start as Seeds

Page 139

10 minutes



TASTING ACTIVITY

Cantaloupe Shapes

Pages 140-141

10-15 minutes



CRAFT ACTIVITY

Seed Art

Page 142

15-20 minutes



MOVEMENT ACTIVITY

"Cantaloupe Says"

Page 143

10 minutes



GROWING ACTIVITY

Cantaloupes Start as Seeds

The children see and touch cantaloupe seeds and learn how far apart to plant seeds.

OBJECTIVES

The children will be able to:

- Describe how a cantaloupe grows from a seed into a plant that produces cantaloupe; and
- Describe the resources needed to grow cantaloupe.

MATERIALS NEEDED

- Packet of cantaloupe seeds
- Yardstick or three 12-inch rulers
- Cantaloupe *Grow It! Cards*

INSTRUCTIONS

- Tell the children they will learn how cantaloupe grows. Show the children the cantaloupe seeds and ask them what shape the seeds are. Tell the children that the seeds are just like the ones from the inside of the cantaloupe. People buy packets of seeds to grow cantaloupe in gardens. Pass the seeds around. Let the children touch and count the seeds.
- Explain that cantaloupe seeds are planted in the soil at least 3 feet apart. Cantaloupe plants need room to spread out when they grow. Have three children hold the rulers between them to show the distance. Or have a child who is at least 36 inches tall lie down between two standing children to show the distance. Have the children return to the group.
- Explain that the cantaloupe seeds are planted in mounds of soil in the spring. The sun and water help them grow into long vines above the ground. Yellow flowers bloom on the vines. Where the flowers bloom on the vine, cantaloupe fruits will grow during the summer. Remember—to make fruit, flowers must bloom first.
- Explain that the cantaloupe is picked when the skin becomes tan in color. Use the *Grow It! Cards* to show a ripe cantaloupe in a field.
- Explain that ripe cantaloupes are picked and taken to a grocery store or a farmers market. That is where people buy cantaloupes and take them home to eat. Use the *Grow It! Cards* to show cantaloupe on a plate.



Cantaloupe



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

WORDS TO GROW

Seeds	Soil
Fruit	Sun
Water	Flowers
Space	Plants





ACTIVITY LENGTH

10 15 minutes

WHAT TO DO AHEAD OF TIME

- Scrub the outside of a cantaloupe with a vegetable brush under cool running water.
- Cut the cantaloupe into the largest slices possible following the slicing tips on page 141.
- Prepare a plate with two or more cantaloupe slices, one per child.
- Refrigerate any remaining cantaloupe pieces for a future snack or recipe.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Review choking prevention tips (Appendix F, page 327) and modify the size and shape of the cantaloupe as needed for younger children.

TASTING ACTIVITY

Cantaloupe Shapes

The children use cookie cutters to make shapes from cantaloupe. They explore the feel, smell, and taste of cantaloupe.



OBJECTIVES

The children will be able to:

- Tell that the flesh of a cantaloupe can be eaten, but not the rind or seeds; and
- Make a simple snack with cantaloupe.

MATERIALS NEEDED

- Cantaloupe, cut into thin slices
- Small cookie cutters (triangles, flowers, stars, alphabet shapes)
- Plates and napkins

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Seat each child at a table with supplies.
- Explain that we always scrub the rind of a cantaloupe under running water before we cut it. Let the children know you have already washed the cantaloupe.
- Give each child a paper plate with at least two thin slices of cantaloupe. Give each child a small cookie cutter.
- Show the children how to press the cookie cutter into the flesh of the cantaloupe.
- Help the children as needed.
- Use the cookie cutters to make shapes from the cantaloupe slices.
- After making the cantaloupe shapes, enjoy eating this snack.
- As the children eat, ask them to describe how the cantaloupe:
 - Smells (Sweet like a flower);
 - Feels in the mouth (Cool, smooth, and slippery); and
 - Tastes (Juicy and sweet).



HOW TO SLICE A CANTALOUPE FOR CANTALOUPE SHAPES



Step 1: Prepare the cantaloupe. Thoroughly scrub the outside of the cantaloupe with a vegetable brush under cool running water.



Step 2: Cut the rind from the stem end and blossom end of the cantaloupe, creating two flat surfaces.



Step 3: Place the cantaloupe on one flat, sliced end so that the rind of the cantaloupe can be trimmed easily from the orange flesh of the whole cantaloupe.



Step 4: Remove all of the rind from the cantaloupe by cutting down along the curve of the fruit. Be careful to trim as little orange flesh with the rind as possible. If necessary, trim any green from the cantaloupe.



Step 5: Slice thin sheets of cantaloupe from an outer edge to the center until the hollow center with seeds is revealed.



Step 6: Use a small spoon to scoop and remove the seeds—a grapefruit spoon works well—and discard seeds.

Step 7: Slice thin sheets of cantaloupe from the side opposite of the first slices. Slice thin sheets of cantaloupe from the two remaining edges, stopping each time when the center is reached.

Step 8: Refrigerate the leftover cantaloupe to make future snacks or recipes.





ACTIVITY LENGTH

15 20 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

MIXED-AGES TIP

Preschoolers can paint or color drawings of cantaloupe or make fingerprints in place of gluing seeds.

CRAFT ACTIVITY

Seed Art

The children decorate a cantaloupe shape with seeds.

OBJECTIVES

The children will be able to:

- Engage with cantaloupe in a fun and creative way; and
- Develop and strengthen their fine motor skills.



MATERIALS NEEDED

- Dyed or natural cantaloupe seeds
- Box lid, piece of cardboard, or disposable tray for each child
- Pencil for each child
- White glue and wooden craft sticks or paint brushes
- Cantaloupe *Grow It! Cards*

INSTRUCTIONS

- Seat each child at a table with supplies.
- Show the picture of cantaloupe from the *Grow It! Cards* to the children and keep it on display.
 - Talk about how cantaloupe looks.
 - Review the shape (round) and color of cantaloupe (outside/tan, inside/orange).
- Have the children draw a cantaloupe on their box lid or tray. Have them use a circle stencil or trace the bottom of a container if they have trouble drawing a cantaloupe freehand. Write the child's name on the drawing.
- Help the children spread white glue with a wooden craft stick or paint brush in one section at a time of their picture.
- Have the children press seeds into the glue.
- Continue to spread glue on a section and press seeds into the glue until the entire image is covered with seeds.
- Lay the completed seed art on a flat surface until the glue has dried.
- Have the children wash their hands for snack or mealtime.



MOVEMENT ACTIVITY

"Cantaloupe Says"



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.
- Clear or designate an open space for children to move about during the activity.

"Cantaloupe Says" is the Tasty Acres Farm version of a popular children's game.

OBJECTIVES

The children will be able to:

- Move and stretch during a group game;
- Follow instructions from a peer or adult; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- *Optional:* Shirt, badge, or other accessory for the leader to wear that lets everyone know he or she is the Farmer.

INSTRUCTIONS

- Have the children sit in a circle or stand in a group.
- Choose one person to be the Farmer (leader).
- The Farmer orders the other children to do all sorts of different and fun things, the funnier the better!
- But the Farmer's orders are only to be followed when they start with "Cantaloupe says."
- When someone follows an order that doesn't begin with "Cantaloupe says," that child is out of the game. However, make sure to keep the children moving even if they are "out." Ask the children to stand off to the side and do different movements to care for the cantaloupe crop. For example children can march through the field, reach or squat toward the ground to harvest the cantaloupe.
- Repeat until only one person is left. That person is the winner and can be the Farmer in the next round!



ACTIVITY OVERVIEW



GROWING ACTIVITY

Plant a Cantaloupe Seed in a Cup

Pages 145-146

15 minutes



MOVEMENT ACTIVITY

Old MacDonald Had a Farm, Cantaloupe Style

Pages 147-148

10 minutes



TASTING ACTIVITY

Cantaloupe Fruit Salad

Pages 149-150

15 minutes



GROWING ACTIVITY

Plant a Cantaloupe Seed in a Cup



The children plant cantaloupe seeds in the soil and learn what the seeds need to grow (see Appendix B, page 318, for more information on growing seedlings indoors). Children can check the cup daily to see the seed's progress. Once the plant becomes big enough, the children can take their cup home.

OBJECTIVES

The children will be able to:

- Describe the resources needed to grow cantaloupe; and
- Experience planting a cantaloupe seed.

MATERIALS NEEDED

- Packet of cantaloupe seeds
- 5- to 6-ounce paper cups, one per child
- Potting mix or soil
- Water for soil in a small spray bottle
- Plastic spoons or scoops, one per child
- Unsharpened pencils, with a line marking $\frac{1}{2}$ inch
- Waterproof pens or markers
- Wooden craft sticks for plant markers, one per child, or the row markers the children made on Day 1 (page 137).
- Table covers, if desired
- Smocks for the children (*optional*)
- Sunny location and/or fluorescent lights if planning to grow plants indoors



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Prepare potting soil.
- Write "Cantaloupe" on the wooden craft sticks or gather row markers from Day 1.
- At the table(s), place a small paper cup, three seeds, and a plastic spoon per child.



Green Thumb Guide

Choose the right seeds. If you will be planting the seedlings in containers outside, select a miniature variety of cantaloupe seeds and leave plenty of room for the vines to grow.



INSTRUCTIONS

- Help each child write his or her name on the cup.
- During the activity, help the children (or have older *Grow It! Buddies* help):
 - Fill their cups about three-quarters full with moist potting soil.
 - Gently tap the sides and bottom of their container with their index finger to settle but not pack the soil.
 - Using the marked, unsharpened pencil, poke three holes $\frac{1}{2}$ inch deep.
 - Place a seed in each hole and gently cover the seeds with soil.
 - Lightly spray water over the top of the soil; help any children needing assistance.
 - If using wooden craft sticks as plant markers, stick one in the soil close to the inside curve of the cup.
- During the activity, tell the children:
 - The seeds will grow in the potting soil as plants grow in the earth's soil outside.
 - The seeds need soil, water, sun, and time to grow into plants.
 - Inside, we can use lights to give plants warmth and light, just as the sun helps outside plants grow.
 - The seeds will grow first into very small plants (seedlings), then into larger plants. These larger plants, if planted outside in a garden and given proper sunlight and water, will grow vines, leaves, and flowers. Cantaloupes will grow from the flowers on the larger plants.
- Have the children set their cups in a sunny spot or under lights.
- Have the children check their cups every day to see the progress of the seeds growing into plants. Follow the care instructions on the seed packet.





MOVEMENT ACTIVITY

Old MacDonald Had a Farm

CANTALOUPE STYLE

The children sing about growing and eating cantaloupe and act out motions to this familiar tune.

OBJECTIVES

The children will be able to:

- Sing and act out motions to a familiar tune; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- Cantaloupe lyrics to “Old MacDonald Had a Farm” (page 148)
- Large space for the children to move about

INSTRUCTIONS

- Lead the children in singing these new words to the tune “Old MacDonald Had a Farm” and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.



ACTIVITY LENGTH
10 minutes

WHAT TO DO AHEAD OF TIME

- Become familiar with the words and motions of the song.

MIXED-AGES TIP

Grow It! Buddies can take turns leading the song.





Old MacDonald Had a Farm, Cantaloupe Style

1ST VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some cantaloupe, EIEIO! *(Pretend to carry a basket of cantaloupe)*
With plant seeds here and plant seeds there,
Here seeds, there seeds, everywhere cantaloupe seeds! *(Pretend to dig ground and plant seeds using large, vigorous motions)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

2ND VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some cantaloupe, EIEIO! *(Pretend to carry basket of cantaloupe)*
With a sprout, sprout here and a sprout, sprout there,
Here a sprout, there a sprout, *(Squat to ground and "sprout" up, jumping and moving hands, until hands are above head)*
everywhere cantaloupe sprouts!
Old MacDonald had a farm, EIEIO! *(Skip in place)*

3RD VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some cantaloupe, EIEIO! *(Pretend to carry basket of cantaloupe)*
With a munch, munch here and a munch, munch there. *(Pretend to eat cantaloupe)*
Here a munch, there a munch, *(Pretend to eat cantaloupe)*
everywhere a cantaloupe munch.
Old MacDonald had a farm, EIEIO! *(Skip in place)*

4TH VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some cantaloupe, EIEIO! *(Pretend to carry basket of cantaloupe)*
With a juicy bite here and a juicy bite there, *(Pretend to eat and wipe juice from chin)*
Here a bite, there a bite, everywhere a juicy bite.
Old MacDonald had a farm, EIEIO! *(Skip in place)*



TASTING ACTIVITY

Cantaloupe Fruit Salad

Discuss cantaloupe facts with the children and have them try a new cantaloupe recipe.

OBJECTIVES

The children will be able to:

- Describe how cantaloupe is grown, harvested, and eaten; and
- Understand that the flesh of cantaloupe can be eaten but not the rind or seeds.

MATERIALS NEEDED

- Cantaloupe Fruit Salad ingredients (recipe, page 150)
- Cantaloupe *Grow It! Cards*

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Gather the children and lead a discussion about cantaloupe.
- Use the cantaloupe *Grow It! Cards* to show cantaloupe growing and ready to eat.
- Tell the children that cantaloupe is a fruit that grows on vines.
- Ask some of the following questions:
 - Is cantaloupe a fruit or a vegetable? (Fruit)
 - What color is a cantaloupe? (Orange)
 - What shape is cantaloupe? (Round like a ball)
 - What color is the outside rind? (Tan)
 - How does the rind feel? (Rough)
 - Where do cantaloupes grow? (In the soil, on a farm)
 - What is inside the cantaloupe? (Little seeds)
 - Do cantaloupes grow on vines above or below the ground? (Above the ground)
 - Where are cantaloupes shipped after they are picked? (To grocery stores and farmers markets)
- Have the children name some of the ways that cantaloupe can be eaten (in fruit salads, salsas, smoothies, fresh and sliced, and even in soups).
- Conclude the activity by telling the children they are going to help you make and then taste fruit salad.
- Gather children around a table and make cantaloupe fruit salad together.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Thoroughly wash the outside of the cantaloupe.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.

OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the fruit salad with the children.

WORDS TO GROW

Fruit	Round
Rough	Vine
Soil	Seed



PREPARATION TIME

10 minutes

MAKES

8 servings

WHAT TO DO AHEAD OF TIME

- Scrub cantaloupe under cool running water with a vegetable brush. Cut cantaloupe open and remove the seeds. Cut the cantaloupe flesh from rind and cut into small pieces. Place in a medium sized bowl.
- Rinse the strawberries and remove the green tops. Cut the strawberries into small pieces and place on top of the cantaloupe in the bowl.
- Cut peaches into small pieces and place on top of the cantaloupe/strawberry mixture in the bowl.

CACFP CREDITING INFORMATION

One serving (½ cup) provides ½ cup of fruit. For more information on the CACFP meal patterns, see Appendix G, page 330.

NUTRIENTS PER SERVING

Calories	21
Protein	0 g
Carbohydrate	5 g
Total Fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Iron	0 mg
Calcium	5 mg
Sodium	2 mg
Dietary Fiber	1 g

RECIPE

Cantaloupe Fruit Salad



INGREDIENTS

- 1 ½ cups cantaloupe, fresh, cut into ½-inch pieces
- 1 ¼ cups peaches, fresh, cut into ½-inch pieces
- 1 ¼ cups strawberries, fresh, cut into ½-inch pieces
- 3 tablespoons orange juice concentrate, frozen, thawed
- Fork, plate, and napkin (one per child)

INSTRUCTIONS

1. Pour orange juice concentrate over the fruit salad and stir gently to mix.
2. Serve immediately or cover and refrigerate for 2 hours.

COOKING WITH CHILDREN

Young children can:

- Help scrub the melon with a vegetable brush.
- Help mix ingredients in the bowl.
- Help scoop seeds from the melon.

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the fruit into small pieces.



Cantaloupe: How Do You Grow?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Plant a Cantaloupe Seed or Starter Plant Outdoors

Pages 152-153

15 minutes



CRAFT ACTIVITY

Decorated Garden Bags

Page 154

15 minutes



READING ACTIVITY

Page 155

10-20 minutes





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- If using a seed tape, prepare it ahead of time (page 106). Involve the children as an extra activity.
- Prepare garden or flowerbed for planting by tilling (breaking up) and fertilizing the soil (Appendix B: Green Thumb Guide, page 318).

PLANTING OPTIONS

- **SEEDS:** Follow the directions on the back of the cantaloupe seed packet to plant seeds directly into the ground.
- **SEED TAPE:** A seed tape (see page 106) ensures your seeds will be spaced appropriately and can make it easier for small hands to help plant small seeds.
- **SEEDLINGS:** If you have grown cantaloupe seedlings indoors and hardened off the plants for outdoor planting, you can substitute the plants for the seeds. See Appendix B, page 318, for information on hardening seedlings.
- **STARTER PLANTS:** You can also purchase cantaloupe plants at a greenhouse or farmers market and plant directly into the ground. Refer to starter plants instead of seeds during the activity.

GROWING ACTIVITY

Plant a Cantaloupe Seed or Starter Plant Outdoors



The children plant cantaloupe outdoors and learn what cantaloupe needs to grow.

OBJECTIVES

The children will be able to:

- Describe the resources needed to grow cantaloupe; and
- Experience planting cantaloupe seeds or a cantaloupe plant.

MATERIALS NEEDED

- Cantaloupe seeds, seed tape, seedlings, or starter plants (see Planting Options)
- Garden or flowerbed, 12 feet or longer by 18 inches wide
- Hoe, trowel, or large spoon (wash after the activity)
- Garden hose with sprinkler nozzle or watering can
- Yardstick or two 12-inch rulers



INSTRUCTIONS

- Take the children and the cantaloupe seeds or seed tape outside. Explain that today they will plant cantaloupe seeds and learn what seeds need to grow into plants.
- Point to the sun. Ask the children how the sunlight feels on their skin (warm).
- Explain that the light and warmth of the sun helps cantaloupe seeds grow into plants that will produce more cantaloupe.
- Show the children the soil in a garden or flowerbed. Let them touch the soil. Ask them how the soil feels (wet or dry, hard or soft). Explain that cantaloupe seeds need soil to grow into plants. Let children make little mounds of soil to plant the seeds.
- Run some water from a hose or pour some from a watering can and let the children touch it. Ask how it feels (wet). Explain that water helps plants grow, they get “thirsty” just like we (humans) get thirsty. Explain that water for plants usually comes as rain. Juicy foods, like cantaloupe, need lots of water so farmers and gardeners use sprinklers, hoses, or watering cans in addition to rain to make sure the plants have plenty of water.
- Have the children help lay the seeds or prepared seed tapes in the soil at the preferred planting depth of ½ inch, cover with soil and water. Remind the children of how far apart cantaloupe seeds are planted (at least 2 feet apart). Use the yardstick or two 12-inch rulers to make sure the seeds are planted at the correct distance apart.
- Let children know cantaloupe grows best when you tend to it daily. Water plant as needed.



Green Thumb Guide

IS SPACE LIMITED?

Grow miniature varieties of cantaloupe in a container garden (see Appendix B: Green Thumb Guide, page 318).





ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.



CRAFT ACTIVITY

Decorated Garden Bags

The children draw the shape and color of cantaloupe on paper bags.

OBJECTIVE

The children will be able to:

- Engage with cantaloupe in a fun and creative way; and
- Develop and strengthen their fine motor skills.

MATERIALS NEEDED

- Paper lunch bags (one per child)
- Markers, crayons, and/or colored pencils
- Cantaloupe *Grow It! Cards*



INSTRUCTIONS

- Seat each child at a table with supplies.
- Show a picture of cantaloupe from the *Grow It! Cards* to the children.
- Talk about how a cantaloupe looks different on the outside from the inside.
 - Review the shape (round) and colors (outside/tan and inside/orange) of a cantaloupe.
- Give each child a paper lunch bag and explain that they are going to decorate the bag with drawings of cantaloupe.
- Have the children draw at least one cantaloupe on the bag.
 - Invite them to color the cantaloupe. Some may choose to color the outside of the cantaloupe; some may color the inside.
 - Children can also choose to draw and color slices of cantaloupe.
- Have the children think of uses for the Decorated Garden Bags they just created.
- Some ideas include:
 - Use the bag to carry home the seed cup planted on Day 3 (page 190) and the row marker from Day 1 (page 137);
 - Use as a gift bag for a present; and
 - Other ideas the children suggest.



Reading Activity



Read story books to the children that are about growing and/or eating fruits and vegetables. Listening to such stories can encourage children to adopt positive behaviors that can last a lifetime, like trying new fruits and vegetables.

OBJECTIVE

Children will be able to:

- Describe the fun and interesting stories about fruits and vegetables that were read to them.

MATERIALS NEEDED

- Books from a library or purchased books
- Space for the children to sit

INSTRUCTIONS

- Have the children sit around you as you read the book.
- Ask the children to listen for the names of vegetables and fruits as the story is read. If possible, have the children act out parts of the book to encourage movement during story time.
- Ask the children which fruits and vegetables were named in the story and what happened to them. For example,
 - Where were the fruits and vegetables grown?
 - What happened to the fruits and vegetables after they were picked?
 - Who ate the fruits and vegetables?
- Add other questions that relate to the story.



ACTIVITY LENGTH

10 20 minutes

WHAT TO DO AHEAD OF TIME

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (Basics, page 15).
- Borrow the book you select from a library or purchase it.
- You can also use other books related to fruits and vegetables that may already be available to you.

MIXED-AGES TIPS

- Hold the baby on your lap while reading to other children.
- Give the baby a fruit or vegetable board book.
- Have *Grow It! Buddies* read to younger children.



ACTIVITY OVERVIEW



FOOD GROUP ACTIVITY

Cantaloupe Is a Fruit

Pages 157-159

20-25 minutes



MOVEMENT ACTIVITY

Cantaloupe Curl Ups

Pages 160-161

10 minutes



TASTING ACTIVITY

Meet Cantaloupe's Fruit Friends

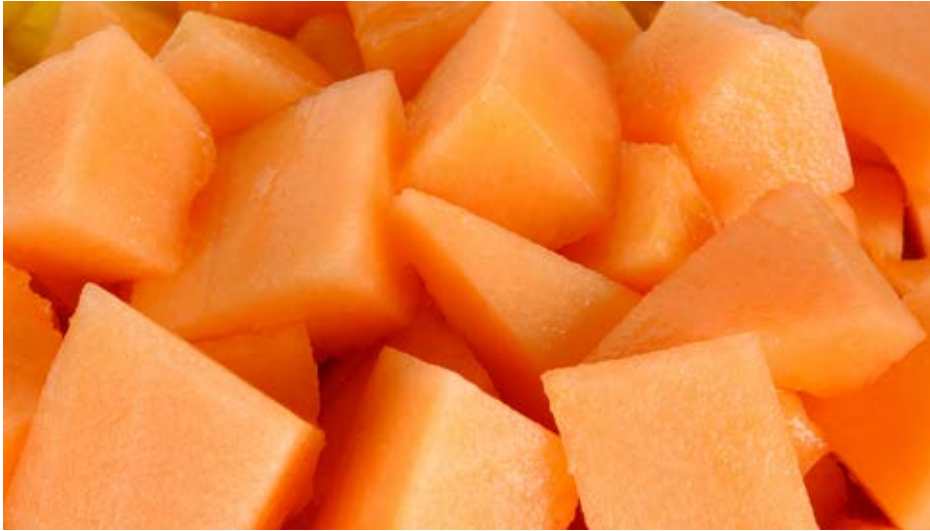
Pages 162-163

10-15 minutes



FOOD GROUP ACTIVITY

Cantaloupe Is a Fruit



Introduce the children to the *Grow It, Try It, Like It! MyPlate Poster*. The children will learn that cantaloupe and other melons are part of the Fruit Food Group.

OBJECTIVES

- The children will be able to:
- Say that cantaloupe is part of the Fruit Group;
- Say that eating fruits like cantaloupe help keep us healthy;
- Say that being physically active every day helps us feel good;
- Say that eating foods from the different food groups each day helps us grow and be healthy; and
- Name a food from each of the five food groups.

MATERIALS NEEDED

- *Grow It, Try It, Like It! MyPlate Poster*
- *Optional:* MyPlate coloring sheet (Appendix I, page 333), one per child



ACTIVITY LENGTH
20 minutes; 25 minutes
if optional coloring
activity conducted

WHAT TO DO AHEAD OF TIME

- Review the foods and activities shown on the poster.
- Display the *MyPlate Poster*
- *Optional:* Make copies of MyPlate coloring sheet (Appendix I, page 333), one per child.



INSTRUCTIONS

Learning the Food Groups

- Seat the children in a semicircle on the floor in view of the *Grow It, Try It, Like It! MyPlate Poster*.
- Tell the children that today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they already like to do what helps them be healthy—they like to eat a variety of foods, and they like to play.
- Show the *Grow It, Try It, Like It! MyPlate Poster* to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, and specific activities by name, etc.
- Explain that MyPlate shows the five food groups a person should eat from each day. Each food group has its own color. Point to the different sections as you discuss. The Fruit Group is red, the Vegetable Group is green, the Grains Group is orange, the Dairy Group is blue, and the Protein Foods Group is purple. Eating foods from each food group helps us to grow and healthy. Explain that cantaloupe is part of the Fruit Group.



The Grow It, Try It, Like It! MyPlate Poster shows foods from the five food groups.



GRAINS

- Tell the children that foods made from grains are in the Grains Group represented by the orange-colored section on MyPlate. Point to the food group on the poster and state that grain foods like bread, cereal, rice, and pasta give us energy to play.
- Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Grains Group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, rice, and corn. Grains are used to make foods like cereal, bread, tortillas, and pasta.



VEGETABLES

- Tell the children that many foods from plants are in the Vegetable Group and are represented by the green section of MyPlate. Point out the carrot on the poster. Ask the children to name this vegetable (carrot). Ask the children to name the color of carrots (orange). Explain that eating orange vegetables, like carrots, can help them to be healthy.
- Ask two children to come to the poster, point to a vegetable in the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that (the vegetable named) and other foods from the Vegetable Group also help keep us healthy.





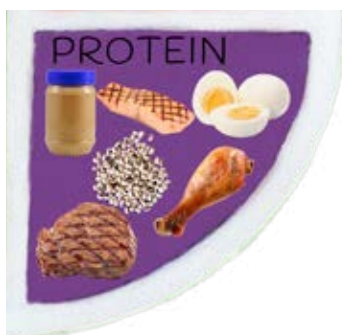
FRUITS

- Tell the children that some foods from plants are in the Fruit Group represented by the red section. Point to the cantaloupe shown on the poster and state that melons like cantaloupes help keep us healthy.
- Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit and state that (the fruit named) and other foods from the Fruit Group help keep us healthy.



DAIRY

- Tell the children that milk and foods made from milk are in the Dairy Group represented by the blue section. Point to the milk and yogurt on the poster and state that milk and yogurt help us build strong bones.
- Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Dairy Group also help us build strong bones.

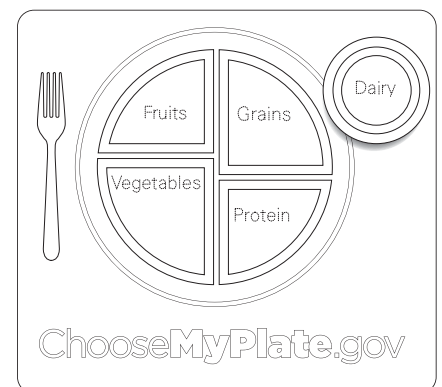


PROTEIN FOODS

- Tell the children that foods from animals and some plants are in the Protein Foods Group represented by the purple section. Point to the meat, fish, egg, beans, and peanut butter on the poster and state that these foods help our muscles grow.
- Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Protein Foods Group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)

OPTIONAL COLORING ACTIVITY

- Seat each child at a table with supplies.
- Distribute a copy of the MyPlate coloring sheet (Appendix I, page 333) to each child.
- Ask the children to color the Fruit Group section of MyPlate red and draw and color a cantaloupe near it. Help the younger children who may not know their colors yet.
- With older children, have them copy the dot-to-dot outline of the word "Fruits."





ACTIVITY LENGTH
10 minutes

MOVEMENT ACTIVITY

Cantaloupe Curl Ups

WHAT TO DO AHEAD OF TIME

- Display the *Grow It, Try It, Like It!* MyPlate Poster



Cantaloupe Curl Ups is a fun activity that gets children moving.

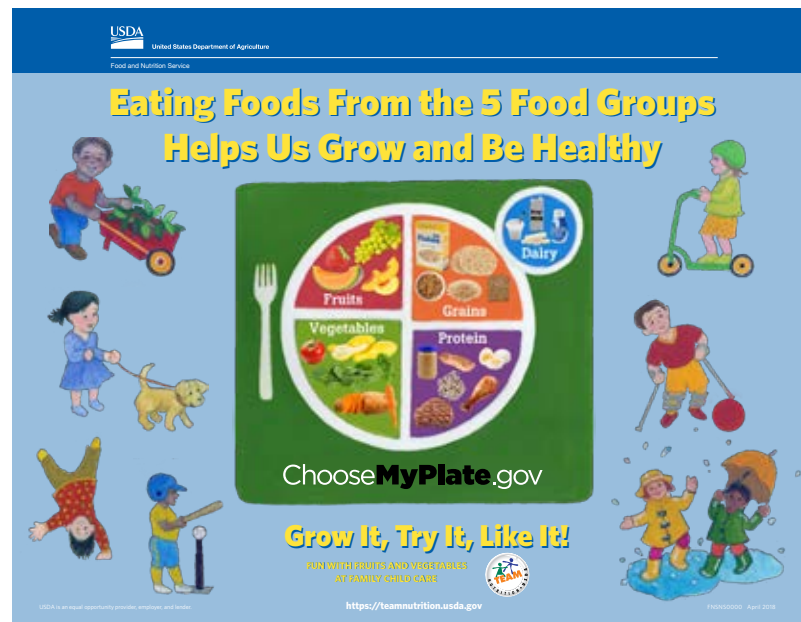
OBJECTIVES

The children will be able to:

- Move during a group activity;
- Follow instructions from an adult; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- Space to do activity
- *Grow It, Try It, Like It!* MyPlate Poster



Grow It, Try It, Like It! MyPlate Poster



INSTRUCTIONS

- Point to the various activities depicted on the *Grow It, Try It, Like It! MyPlate Poster*. Ask the children to tell you why it is important to be physically active and play every day (it helps you be strong and healthy, and it is fun).
- Ask the children to extend their arms out to the side and spread apart from each other so that no child is able to easily touch another child's fingers. When the children are spaced around the room, ask them to sit down and listen carefully. Tell the children that building strength is an important way to be active. Ask the children to watch you show them a special strength-building activity that celebrates cantaloupe.
- Ask the children to watch you as you lie on your back on the floor, with knees bent and feet flat on the floor. Place your hands on the back of your head with the elbows pointed out to the side. Gently tighten the stomach muscles and raise your head and upper body off the floor a few inches in a slight sit-up. Point out to the children that a shape similar to the curve of a slice of cantaloupe is made between the bent knees and raised head. Hold this position for 3 seconds and gently release back to the floor.
- Repeat the curl-up several times with the children, saying, "Cantaloupe Curl-Up (do slight sit up), cantaloupe down (return to floor)."
- Conclude the activity by telling the children it is fun be physically active by doing Cantaloupe Curl-Ups.

NOTE TO CAREGIVER

Active play and movement are important for every child's growth and development. Although they may seem to be active and energetic, most children do not get the amount of physical activity they need for good health. The Centers for Disease Control and Prevention (CDC) recommends that children get 60 minutes (1 hour) or more of physical activity daily.





ACTIVITY LENGTH

10 15 minutes

WHAT TO DO AHEAD OF TIME

- Wash the outside of all three fruits with a vegetable brush under cool running water.
- Prepare a wedge each of cantaloupe, honeydew, and watermelon with rind or skin intact.
- Prepare bite-size pieces of cantaloupe, honeydew, and watermelon.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.



TASTING ACTIVITY

Meet Cantaloupe's Fruit Friends



The children taste the difference between cantaloupe and other fruits.

OBJECTIVES

The children will be able to:

- Compare cantaloupe to other types of melon; and
- Describe many different ways to eat melon.

MATERIALS NEEDED

- Cantaloupe, honeydew, and watermelon
- Plates, forks, and napkins

BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children to share what they remember learning about cantaloupe.
- Encourage answers such as how and where cantaloupe grows; how it looks, feels, smells, and tastes; and other information covered in the unit.
- Show the children the cantaloupe, honeydew, and watermelon wedges. Tell the children that honeydew is a melon similar to cantaloupe, but different in color.
- Ask the children what is different about the three fruits? Discuss differences in size, shape, color, etc. Also point out that cantaloupe and honeydew have seeds in the middle that can be scraped out.



- Let the children know that they are also going to find out if the fruits taste different from one another.
- Give the children the fruit samples to taste on a plate with a napkin. Note the similarities as well—all three are juicy and taste sweet.
- As the children are eating, ask:
 - What different ways have they eaten fruits (i.e., cantaloupe, honeydew, and watermelon)?
 - What new ways do they think melons and other fruits could be eaten?
- Give suggestions such as in a fruit salad, in a smoothie, plain, or served with yogurt.
- After tasting the samples, invite the children to feel and smell the different wedges and rinds. Discard wedges at end of lesson.



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy eating the melon with the children.

WORDS TO GROW

Melon

Honeydew

Rind

Watermelon

Seeds

Round



Fun Extras



Cantaloupe

Cantaloupe Growing in Field



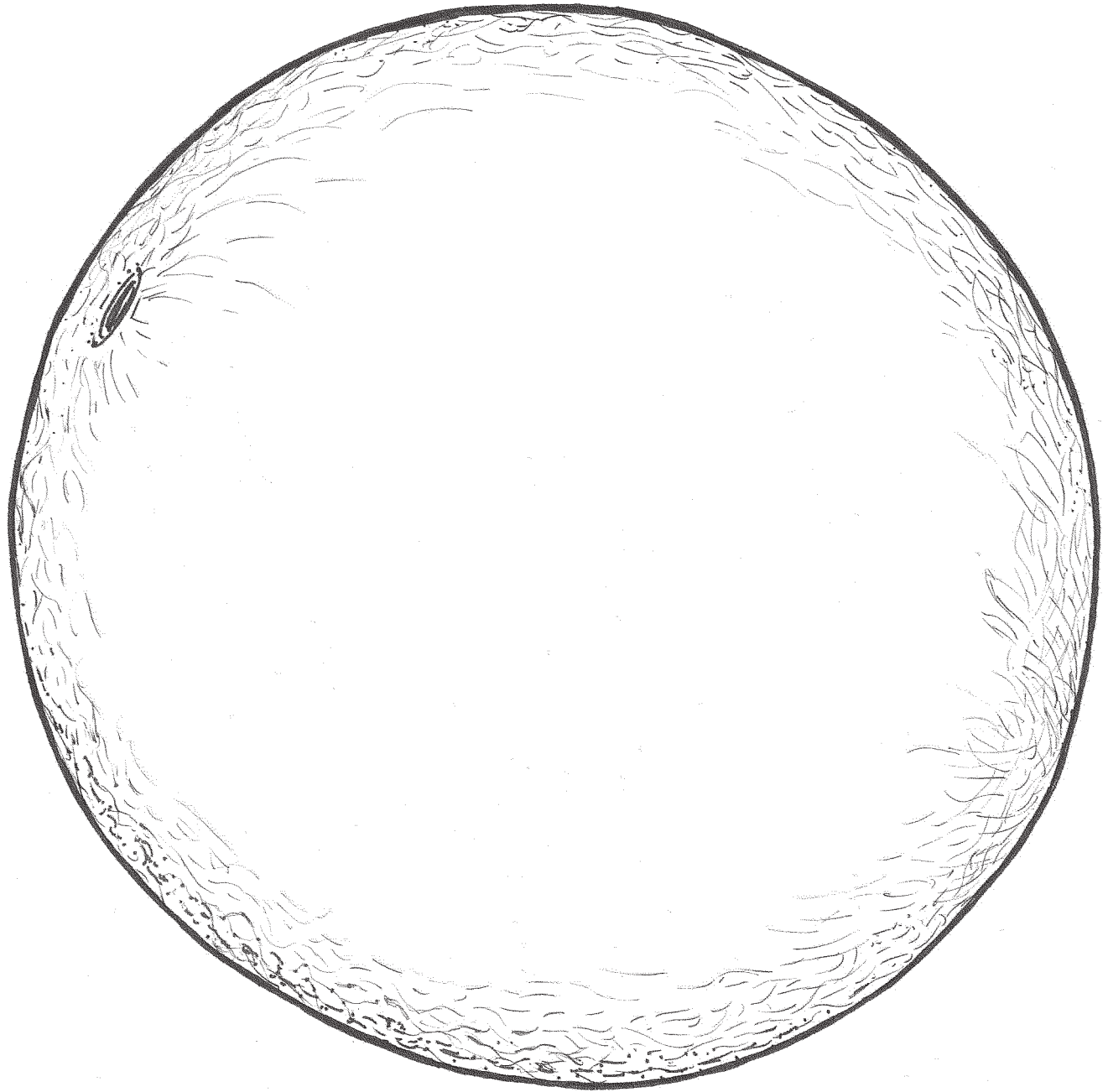
Cantaloupe

Cantaloupe in Grocery Store



Cantaloupe

Blackline Master



What Do Cantaloupes Look Like?

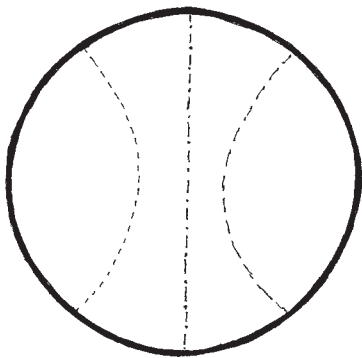
Dear Family:

Generally, children are more eager to try and eat foods that are familiar. Help your child review what they have learned about cantaloupe in child care. If possible, buy a cantaloupe and explore it with your child as you complete this activity. Your child will love sharing with you everything we've learned about how a cantaloupe looks, feels, and tastes! We've learned: cantaloupe is round with tan-colored skin. The outside rind of a cantaloupe feels rough when you touch it. We scrub the outside well before we cut a cantaloupe in half. The inside of cantaloupe is orange, soft, and smooth. The seeds of the cantaloupe are in the center. We remove these seeds before we eat cantaloupe.

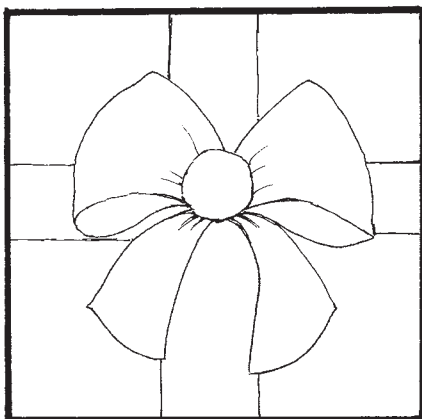
Have your child complete the activity below.

What shape is a cantaloupe?

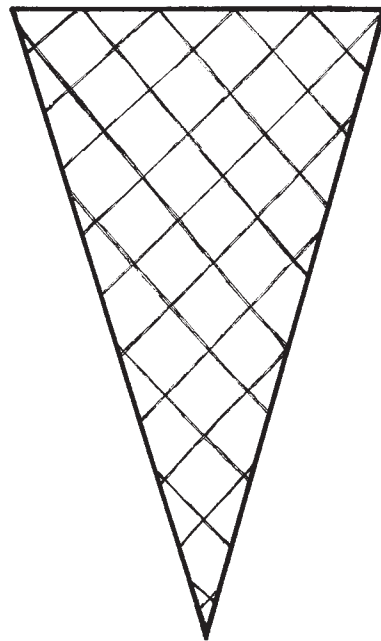
Draw a circle around the object with the same shape as a cantaloupe.



Round like a basketball



Square like a box



Triangular like an ice cream cone



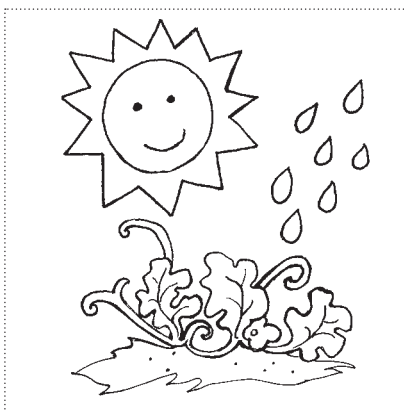
Story of How a Cantaloupe Grows

Dear Family:

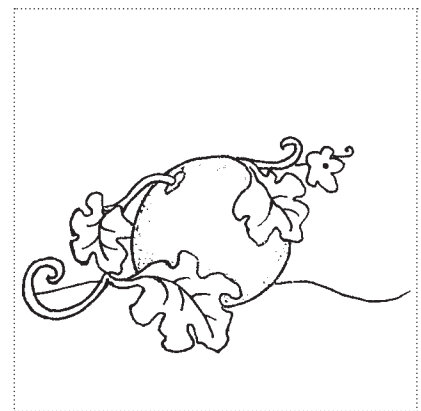
Your child has learned about growing and harvesting cantaloupe. Review what they have learned by reading this story together. The pictures show the steps of growing and harvesting a cantaloupe. Enjoy eating cantaloupe while you read this story together. After you have read the story, you can cut the pictures apart and create a game for your child. Have your child practice putting the story of how a cantaloupe grows in the right order.



In spring, a farmer plants cantaloupe seeds in the ground.



The cantaloupe seeds grow vines on top of the ground. The plants need soil, a lot of sun, warm weather, water, and time to grow.



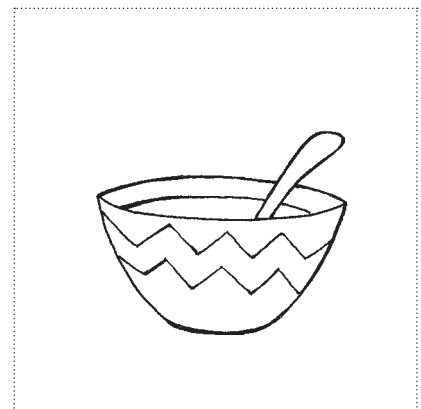
Cantaloupes grow on the vines and ripen to a tan color during the summer.



The farmer picks the cantaloupes.



The family chooses a cantaloupe at the grocery store or farmers' market.



The family makes and eats cantaloupe soup at home. Yum!



