

# Honeydew Melon



## Fun Facts!

- ⇒ Belongs to the muskmelon family & are related to pumpkins, squash, & cucumbers
- ⇒ Honeydew is like cantaloupe's cousin, the most popular muskmelon
- ⇒ Honeydew grows on a vine
- ⇒ The leaves of the honeydew plant are hairy
- ⇒ Best eaten raw.
- ⇒ Did you know honeydew can also be baked or made into chilled honeydew soup!



## Discussion Topics During Snack:

### Why is honeydew so good for you?

- ⇒ **Honeydew has lots of Vitamin A!**
  - to help your eyes see better, especially in the dark
  - to help to protect us from infections
  - to help regulate your immune system
- ⇒ **Honeydew has lots of Vitamin C!**
  - to protect us from infections & bruises
  - helps keep our ears working, so we can hear
  - keeps our gums healthy

### Use your senses to describe how the cantaloupe....

- ⇒ Tastes
- ⇒ Smells
- ⇒ Feels
- ⇒ Looks
- ⇒ Sounds

**Use images on the next page to show that melons grow on vines. Explain that the melon grows only after the flower is pollinated.**

### Suggested books:

*Anansi and the Talking Melon*

by Eric Kimmel

*Melvin's Melons*

by Sherry Vaughn

*A Seed Grows*

by Pamela Hickman and Heather Collins

### Sources:

<http://www.freshforkids.com.au>

<http://childnutrition.ncpublicschools.gov/>

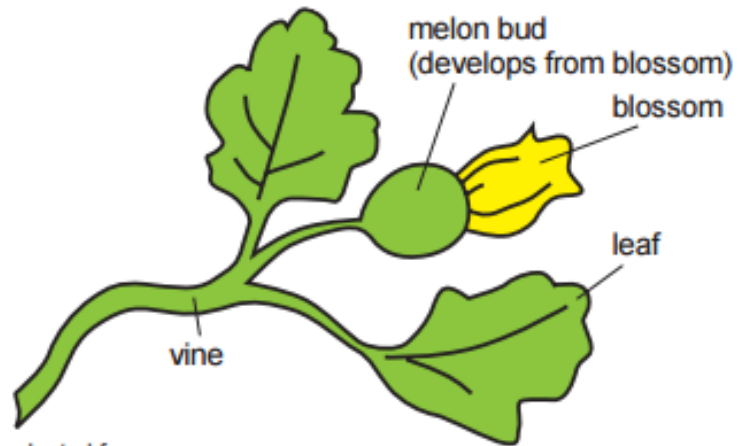


Image adapted from:  
[http://district.ausd.net/docs/harvest\\_watermelon\\_september\\_2005.pdf](http://district.ausd.net/docs/harvest_watermelon_september_2005.pdf)

