



Lesson Title: This Watermelon is Not Round

Time: 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)

Grade Band: K-1st

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Increase students' knowledge of gardening and how fruits and vegetables grow through listening to and discussing the story *This Watermelon is Not Round*. Learn to work together by chopping a variety of fruits to create and eat Berry Watermelon Salad.

Content Standards: K.RL. 1.RL.10 By the end of the year read and comprehend a variety of literary text. Pre-K Grade 2 1.2.1 Describe healthy behaviors that affect personal health. K.RI.10 1.RI.10 By the end of the year read and comprehend a variety of informational text. K-LS1-1 Describe patterns of what plants and animals (including humans) need to survive.

Materials: Hard copy or online version of the book [This Watermelon is Not Round](#) by Derry Maulana, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Watermelon Images](#), [Watermelon Coloring Sheet](#), [Berry Watermelon Salad Recipe](#), (recipe may need to be doubled or tripled, depending on class size), watermelon, strawberries, blueberries, blackberries, fresh mint, honey, lime juice, olive oil, a large mixing bowl and spoon for the teacher's station, medium sized mixing bowl and whisk, small bowls and forks for each student, plates for passing out ingredients, measuring cups and spoons, cutting boards and plastic knives for each group, coloring utensils

Online Resources: [This Watermelon is Not Round](#) by Derry Maulana

Instructional Outline: This lesson would be best taught in September-October when watermelons are still in season. Students will be working in groups of 4-5 to prepare this recipe. A teacher's station will be needed. Before beginning the lesson, have berries washed and ready to go, watermelon sliced into manageable sections for each group (kept out of sight), as well as all other ingredients and supplies separated on plates for each group.

1. Share the story, [This Watermelon is Not Round](#) by Derry Maulana with the students. Ask students if they know what the lesson in the story might be and what they think about the square watermelons.
2. Share the [Watermelon Images](#) with the students and have students share what they know about watermelon and their favorite way to eat watermelon.
3. Share the [My Plate Poster](#) with the students and ask in which section watermelon belongs and approximately what fraction of the plate is the fruit section.
4. Review the hand washing guidelines [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Project the [Berry Watermelon Salad Recipe](#) on the screen, or give a copy of the recipe to each group. Read the recipe with the students making sure they understand the directions.
6. Pass out supplies to each group. Students will work together to chop the watermelon and slice the strawberries. When finished, each group will add their fruit to the large bowl at the teacher's station. Have students clean up their areas, then they may begin working on the [Watermelon Coloring Sheet](#).
7. After the watermelon and strawberries have been added, call on volunteers to assist with adding the remaining ingredients and mixing up the dressing.
8. When the salad is mixed and ready, call one group at a time to the teacher's station to get a serving of salad and a fork.

9. Students can enjoy their salad, clean-up their areas, then continue working on the coloring sheet.

Closing: Have students share what they learned and/or what they liked best about today's lesson.

Enrichment:

- ▶ **Watermelon, Watermelon by Stephanie Leavell | Body Percussion Play Along | Music For Kiddos**
- ▶ **Growing Watermelon Plant Time Lapse - Seed to Fruit (110 Days)**