

Cantaloupe Talking Points

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on cantaloupe. Here is some information on cantaloupe.

What Is a Cantaloupe?

Cantaloupe is a sweet and juicy fruit with orange flesh and a rough, netted skin. It is part of the melon family. **Read trivia for the week.**

Health Benefits of Cantaloupe

Cantaloupe is high in vitamin C, vitamin A, potassium, fiber, and water. It is about 90% water, making it very hydrating. **Read trivia for the week.**

Fun Cantaloupe Facts

The orange color comes from beta-carotene (also found in carrots). The name “cantaloupe” comes from a town in Italy. In Australia, cantaloupe is nicknamed “rock melon.” **Read trivia for the week.**

Fun Ways to Eat Cantaloupe

Make some fresh slices for a quick snack. Add to a fruit salad with berries and grapes. Blend into a smoothie with yogurt and honey. Make a frozen popsicle for a cool summer treat. **Read trivia for the week.**

Cantaloupe in South Dakota

Cantaloupe is grown in the eastern part of the state. It is often called muskmelon or Woonsocket melon, named after a local growing area Woonsocket, SD. **Read trivia for the week.**



Helpful Tips

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Have Classrooms/grade levels research the growing of Woonsocket melons.
- Take a virtual field trip to a melon growing area. Search Virtual field trip on YouTube.

