

WATERMELON TALKING POINTS

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

What Is a Watermelon?

Watermelon is a large, juicy fruit that grows on a vine. It is made up of about 92% water, making it super refreshing! **Read trivia for the week.**

Health Benefits of Watermelon

Watermelon contains vitamin C, vitamin A, and lycopene. It is high in water content, helping to keep you hydrated. It is a refreshing snack on a hot day. **Read trivia for the week.**

Fun Watermelon Facts

The heaviest watermelon ever recorded weighed 350.5 pounds! Watermelons have existed for thousands of years—Ancient Egyptians drew them in tombs. China grows the most watermelons in the world. In Japan, some farmers grow square watermelons using boxes. Watermelons are both a fruit and a vegetable—they're related to cucumbers, pumpkins, and squash. **Read trivia for the week.**

Watermelon in South Dakota

Watermelon is grown commercially in Forestburg, known as the “watermelon capital” of the state. The area's sandy soil and warm climate are ideal for growing watermelons. **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 commercial growth of watermelon in SD. Hang a map for them to share what they learned.
- Take a virtual field trip to a watermelon patch. Search virtual field trips on YouTube.

