Tips for Busy Early Childhood Professionals

Volume 6, August

CHAMPIONS for CHANGE
Network for a Healthy California

NETA

M is for Melon

- Melons come in different colors, shapes and tastes. They are orange, red, white, green and yellowish.
- Watermelon and cantaloupe release a wonderful aroma when they are ripe.
- Watermelon is a popular summer produce.
- Melons are a good source of Vitamin C and A, as well as B vitamins.

Rainbow Melons

Makes 25 tastes at 3 one-inch cubes per child

INGREDIENTS:
- 3 cups each of: watermelon, cantaloupe and honeydew melon.

SUPPLIES:
- Knife to cut melons. Knives with dull ends for children (or melon ball scoop).
- A large plastic bowl and small plates and napkins.

PREPARATION:
1. Rinse the melons before peeling or removing rinds.
2. Make small balls or cubes.
3. Serve each child one ball or cube of each variety of melon available.

Note: ½ cup of melon provides Vitamin C and A.

Recipe from:
University of California Cooperative Extension, Alameda County, NETA Program, http://neta.ucdavis.edu

Nutrition Information per Serving:
Calories 20, Carbohydrate 5 gm, Protein 0 gm, Fat 0 gm, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 7 mg, Fiber 0 gm
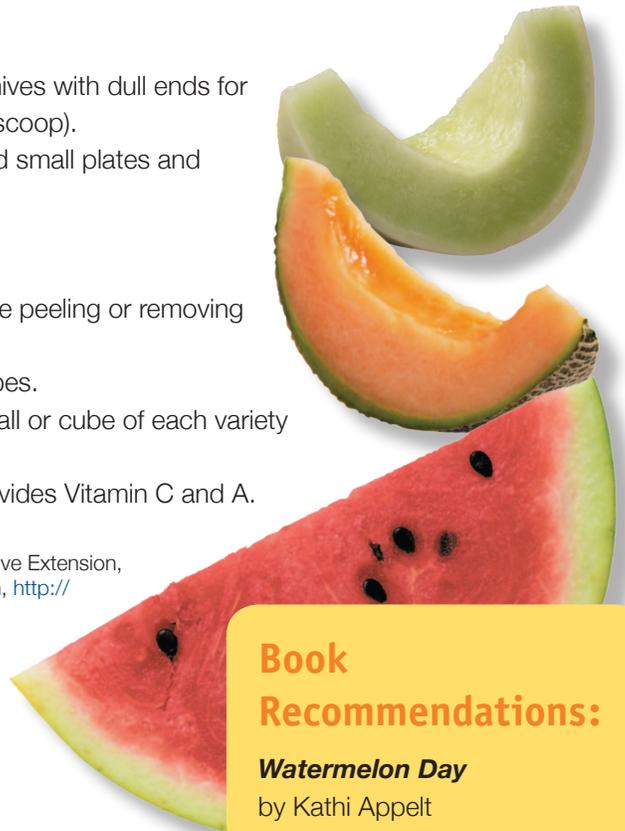
Book Recommendations:

Watermelon Day
by Kathi Appelt

For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

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Cooking in the Preschool Classroom

provides many benefits to children

- Cooking compliments learning such as math and problem solving.
- Give children scoops to make melon balls.
- Others can cut the melon into squares.

Food Safety and Sanitation
- Wash hands before preparing food.
- Rinse the melon before cutting.
- Use seedless watermelons.
- If you spill, wipe right away to avoid contamination.

Create a child-friendly environment
Teach children team work and cooperation.

Activity:

The Watermelon Dance

Children will learn about different colors and shapes while dancing to a watermelon song. They will learn that dancing is not only fun, but a good way to be active

MATERIALS

- Several round items: ball, tennis ball, baseball, soccer ball, ping- pong ball, apple, melon, and watermelon.
- Paper plates

KEY POINTS TO REMEMBER

- Watermelon is a melon like cantaloupe.
- Watermelons are oval and round.

WHAT TO DO NEXT

1. **Before children arrive:** Display the different round items you have available. Mark the table (we do not play with food on the floor) with paper tape at 3, 5, and 10 inches.
2. **Explain:** Watermelon grows in the summer. What do we know about summer? We know summer is here because it gets hot. Today we will learn about melons. Some of them are round and they can roll. Let's find out how far the round balls can roll.
3. **Ask Children:** Who has eaten melons? What color? Cantaloupe (inside=orange, outside= green or yellow), watermelon (inside=yellow or red, outside=green). Melons are tasty, sweet, and yummy.
4. **Next:** Each child will take turns testing how far each of the round items rolled on the table.
5. **Gather back:** Ask children if all round things rolled the same. Will a melon that is round roll as far as a ball?
6. **Tell and Show:** Children will dance to a watermelon song. Dancing is fun, and it is also good for the body. It keeps you moving. You can dance any way you want. Teach the watermelon song.

   The Watermelon Song
   (Tune: "Frere Jacques")

   Watermelon, watermelon,
   Tastes so yummy, tastes so yummy.
   Green on the outside, red on
   the inside.
   With black seeds, with black seeds.

7. **Cooking:** Prepare recipe from the front page Rainbow Melons.

Connections to California Department of Education Child Desired Results: 3 years to Pre-K

Activity: DRDP-PS: COG: 4,5;MATH: 5,6; PD:1,2,3; HLTD: 2

Cooking: SSD: 5,8,12; COG:5;PD:3, HLTD:3