

CANTALOUPE



History

Cantaloupe got its name from a village in Italy where it was grown from seeds brought from Armenia.

Nutrition

Cantaloupe is a good source of potassium, which is important to keep your heart and muscles healthy.

Fun Fact

The original cantaloupe was smaller and not as sweet as what we normally eat today. Over time, cantaloupe was developed that was sweeter and more resistant to disease.

Growing and Harvest



- Cantaloupe grow on a vine and are very sensitive to cold temperatures. They do well in warm temperatures and can tolerate temperatures above 100 F.
- On average, it takes 10-15 visits from bees when the cantaloupe vine has flowers for the proper pollination to grow cantaloupe!
- Cantaloupe are usually harvested by hand when they reach the stage where the fruit easily separates from the vine.

Activities



Melon Physical Activity Game

- Have students sit on the floor in a circle. Designate one student as the “fruit” to sit in the center of the circle.
- Give all students a melon name: Cantaloupe, Casaba, Honeydew, Watermelon.
- When “fruit” calls out a melon name, all students of that melon exchange places and the “fruit” tries to sit in an empty spot. The student left without a spot becomes the “fruit”.
- When “Fruit Salad” is called by “fruit,” everyone must find a new place in the circle.

Helpful Hints:

- Have students sit on towels, jackets, or carpet squares.
- Change the locomotor movement frequently (e.g., crawl, belly crawl, creep, crab walk, bear walk).
- For safety, avoid fast movements like running and leaping.

Source: Physical Activity Specialist, Northcoast Region, Network for a Healthy California, 2011.