



Out-of-School Learning Plan Melon



Harvest Out-of-School Objectives

Participants will review which plant part melons are from
 Participants will review the health benefits of melon
 Participants will make a melon snack

Harvest Out-of-School Review

- Hold up a melon and ask the participants if they remember, from school:
 - what it is called (melon)
 - what type of plant part do they come from (flower)
- Review with them how melon grow (on vines, from flowers after they are pollinated), why we should eat melons (healthy immune systems—prevents colds, healthy brain, healthy heart, healthy muscles), and how to pick good melon (cantaloupe should smell sweet, honeydew and watermelon should sound hallow when you tap on them.) Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—What else comes in many colors? (red, yellow & green)

- Hold up three melons (one watermelon, one cantaloupe, and one honeydew) and ask the participants, what is a specific item they see every day (while driving) that has red, yellow and green on it? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Melon Ball Traffic Lights (10 participants)

(adapted from: http://www.losurdos.com.au/site/article.php?article_id=38&cID=1)

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|-----------------------------|---------------------------|
| 1 Watermelon | 1 Cantaloupe |
| 1 Honeydew Melon | 10 small melon ballers |
| 1 box toothpicks/skewers | Dried Coconut (optional) |
| 1 Large knife/Cutting board | Plate (1 per participant) |



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General Directions: Place melon balls on skewer in traffic light pattern.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the melons and then cut each melon in half. Remove the bottom of each melon half to create a flat surface. (This will make it sturdier for using the melon baller.)



3. Demonstrate how to use the melon baller by inserting it into the top of the melon slice. Turn your wrist in a circular motion to make a melon ball.
4. Allow each participant to make 3 melon balls, one of each color, and put them on a plate.
5. When all participants have 3 melon balls, demonstrate how to put them on the toothpick in the order of a stoplight. Sprinkle on dried coconut, if desired. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the melon, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- Ask the participants, how could they eat a rainbow in one meal? What red food could they eat? Orange? Yellow? Etc.
- If time permits, participants may share their responses in pairs, or with the group.

How do Melons grow?



is grow on a vine. After
ination, the melon

Why should we eat Melons?

| | |
|--|---|
| <p>B Vitamins</p>  <p>Healthy brain</p> | <p>Vitamin C</p>  <p>Healthy immune system (prevents colds, heals cuts)</p> |
| <p>Potassium</p>  <p>Healthy muscles</p> | <p>Lycopene</p>  <p>Healthy heart</p> |