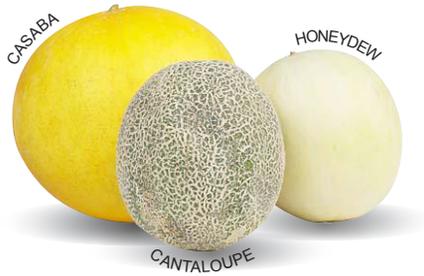


Harvest of the Month

Network for a Healthy California



Botanical name: *Cucumis melo*

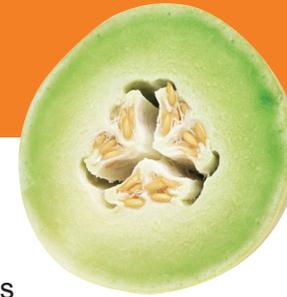


MELONS

Circle all meals that include melons. Draw a star next to all meals you would like to eat.

- How many different types of melons are on the menu?
- Are melons offered at the salad bar? What kind?
- What is your favorite kind of melon?

EAT MELONS



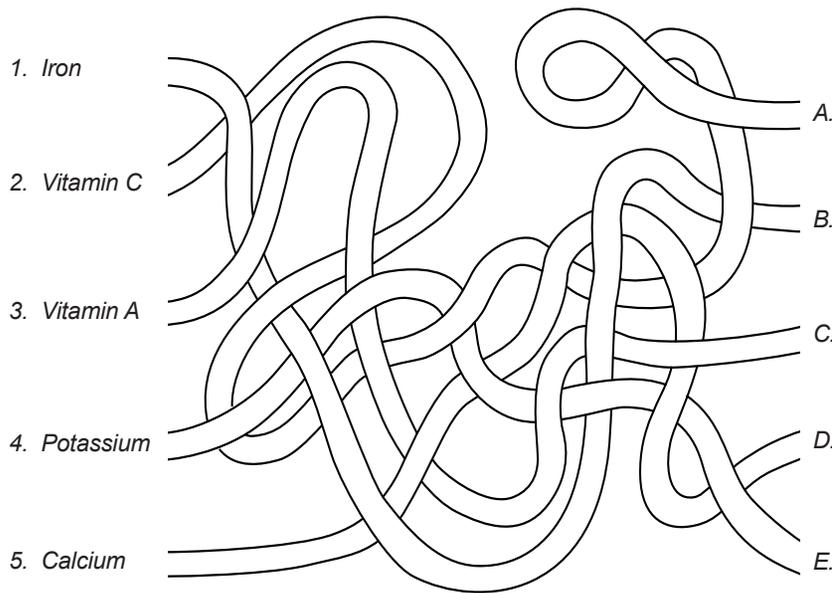
Nutrition Facts

Serving Size: ½ cup cantaloupe, cubed (80g)
 Calories 27 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%

Eat Your Vitamins and Minerals

Draw a line from each vitamin or mineral (on the left) through the mazes to find out what they do (on the right). (answers below)



- A. _____ helps to form bones, fight infections, and heal wounds.
 B. _____ carries oxygen in the blood to all your body parts.
 C. _____ helps you to see better, especially at night.
 D. _____ builds strong bones and teeth and helps your muscles work.
 E. _____ helps your heart beat and muscles move.

Reasons to Eat Melons:

A ½ cup of melon has lots of vitamin C. Eating melons is also a good way to get carotenoids. Carotenoids are antioxidants that are good for your body and may help lower your risk for some diseases.

Carotenoid Champions*:

Apricots, cantaloupe, carrots, kale, peas, pink grapefruit, pumpkin, spinach, tomatoes, and watermelon.

*Carotenoid Champions are a good or excellent source of carotenoids (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of melon is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. There are lots of ways to be active for at least 60 minutes every day. Write down your favorite activities and try to do one every day. Look at the chart below to find the amount of fruits and vegetables you need. Eat a variety of colorful fruits and vegetables throughout the day to help you reach your goal.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

Adapted from: University of Nevada Cooperative Extension, 2005.

Answers: A. Vitamin A, B. Iron, C. Vitamin C, D. Calcium, E. Potassium



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