



Enjoying our Healthy Harvest

“Watermelons are Wonderful for your Health”

They are a good source of Vitamins A and C.

Length of Session: 30 minutes

Summary:

Students will learn about the nutritional value of watermelon, how to select and clean watermelon, the history of watermelon, discover where watermelons grow commercially in our state and taste a recipe with watermelon.

Objectives:

- Youth learn how to choose watermelon at the market
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly (to prevent spread of bacteria that causes illness)
- Youth taste a recipe with watermelon

Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce watermelon – “What kinds of watermelon have you seen in the store? How were they prepared? Ever picked them yourself? Have you seen them growing in fields?” Tell students how watermelon was used in ancient Egypt. (see web links) *1 minute*
- Nutrition Message: “Eat a variety of fruits and veggies every day.” “Watermelon is a good source of vitamin A and vitamin C.” Write on board, students repeat and write on their nutrition message page. *1 minute*
- Use Fruits and Veggies – More Matters™ (FVMM) wheel to find selection, storage and handling and nutrients. Look for 10% of Vitamin

A, Vitamin C, for a good source. *5 minutes*

- Demonstrate cleaning: At a sink under running, cool water or with an assistant slowly pouring a pitcher of water into dish tub in a demo area. Enlist an assistant from the youth. *1 minute*
- Students wash hands using *High Speed Hand Washing*. Desk activity: “J. Slice Fun Page.” National Watermelon Promotion Board *5 minutes*

Activity: *Seed-Spittin’ Salsa*

Demonstration (recipe on OFNP

Drawing Contest Cards). Enlist student assistants. *15 minutes*

Discussion questions during sampling:

- ☆ Can you name some of the areas that watermelons grow in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties provided by Ag in the Classroom to color or draw watermelon in counties grown.
- ☆ How long ago was the first watermelon harvest? (5,000 years ago in Egypt; they are pictured in hieroglyphics in ancient tombs. The ancient Egyptians placed watermelons next to the tombs of their kings for nourishment in the afterlife.)
- ☆ What food group are watermelons in?
- ☆ What percent of a watermelon is actually water? (92%)
- ☆ Would you change the recipe at home? How?

- ☆ How would you describe the taste?
Color? Shape? (Use adjectives)

Conclusion:

Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. *1 minute*

Summary Discussion Questions:

- ☆ What do I need to look for when shopping for watermelon? (see wheel)
- ☆ Why is important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)
- ☆ In what counties do watermelons grow in our state?

Materials Needed:

- Fruits and Veggies – More Matters Produce Wheel for each youth to use and then keep
- MyPyramid* poster
- Ag in the Classroom Map* poster
- Equipment for the preparation and serving of the sample
- Ingredients for the sampling
- Paper plates for sampling
- Paper plate & utensil for each youth for tasting
- Handouts for each youth:
 - Ag in the Classroom county map
 - National Watermelon Promotion Board “J. Slice Fun Page”
 - “Nutrition Messages are...” Sheet
- Cleaning Kit

Parent Handouts:

OFNP Drawing Contest Recipe Cards – Watermelon

Optional activities:

- Use the Produce Wheels to:
 - Read Selection and Preparation aloud for another fruit.
 - Note and write spelling words
 - Look at the Nutrition Facts label:
 - ☆ How much fat is in the fruit?
 - ☆ How much vitamin A? A good source is 10% or 350 mg. How much vitamin C?
- “Story It” writing assignment. Have students write a story about a watermelon patch pictured on the handout.
- Finish the word activities on “J. Slice Fun Page”
- Cut a recipe in half or double it.
- Draw picture steps (story board) of the directions in one of the recipes showing the ingredients and equipment and the serving suggestion.
- Discussion:
 - ☆ There are many different celebrations where watermelon is enjoyed. Tell me about a time when your family enjoyed watermelon. (This could also be a writing assignment).

Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “*Benefits of fruits and vegetables depend on quality as well as quantity*” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- Regions of Production in your state – see your state agriculture web site.
- <http://www.fruitsandveggiesmatter.gov/month/watermelon.html>
- <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/watermelon.htm>

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