

Lesson 2 - Cantaloupe Corner

Prep before lesson:

- Have enough cantaloupe to conduct a tasting activity with each student in the class.
- Bring the book **Muncha! Muncha! Muncha!**
- Have a mystery box ready to use with you.
- Be sure to have a copy of Cool Puppy Pup video with you.
- Bring your Map of the Garden at Tasty Acres Farm
- Copies (1 per child) of Cantaloupe Fruit Salad Recipe and Cantaloupe Cuisine worksheet (front to back) pg. 28 & 38 in Grow It, Try It, Like It Booklet 5.

LESSON

Read Book: **Muncha! Muncha! Muncha!** (15 min)

- Follow the book script.

Mystery Box Activity (10 Mins)

- Re-introduce the mystery box.
- One at a time, ask each student to come and feel inside without looking. If a child seems afraid, feel inside the mystery box with a friend.
- Ask each student to describe quietly to you what he/she feels.
- Ask children as a group to guess what is in the box, and reveal the cantaloupe.

Cantaloupe Curl-Ups Movement Activity (10 Min)

- Follow instructions on pg. 24-25 in Booklet 5 of Grow It, Try It, Like It. If you are unable to physically demonstrate this activity, ask a teacher or student to assist.

MyPlate Activity (10 Min)

- Follow the instructions for the “Review Activity” on pg. 24 in Booklet 5 of Grow It, Try It, Like It.
- Dismiss the students to wash their hands by twos by asking them to name their favorite food and tell which food group it is in.

Cantaloupe Tasting Activity (10 Min)

- Talk about the cantaloupe and ask questions such as:
Is it a fruit or vegetable?
What shape is it?
What color is it?
How does it feel? (Bumpy? Smooth?)
- Pass out a piece of cantaloupe to each student. Ask the students to wait until everyone gets one before tasting it.
- Ask the students to use all of their other senses to describe anything they can see, hear, smell, or feel when holding the cantaloupe.
- Ask how many have ever tasted a cantaloupe.
- Review the polite tasting rules and the saying “Don’t yuck on my yum”.
- Count to 3 and everyone taste the cantaloupe together!
 - Provide descriptive words such as tan, orange, bumpy, sweet, juicy, and ask children to give their own descriptive words, avoiding words such as good, bad, yummy, etc.

Watch the Cool Puppy Pup’s Cantaloupe Lunch Party Video (15 Min)

- Follow video script (steps 1-5) on pg.15 in Grow It, Try It, Like It Booklet 5.
- Show the Map of the Garden at Tasty Acres Farms. Point to Cantaloupe Corner and tell the students that is where they visited today. Tell them that next time we will be visiting Peach Tree Orchard.
- Show a copy of the Cantaloupe Fruit Salad Recipe and Cantaloupe Cuisine worksheet and explain that each student will get one to take home to their family.

*Extension Activity: Cantaloupe coloring sheet pg.77 in Grow It, Try It, Like It Booklet 1.