



## Using Your Melon Origin: 2006 updated 6/20

Practical application of serving melons in a nutrition program

pg 1

In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

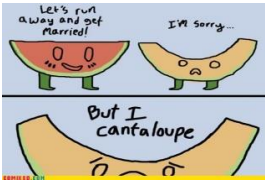
Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

Provider	Signature	Printed Name	Date

**Submit with menus or to: [southwestcacfp@gmail.com](mailto:southwestcacfp@gmail.com)**

**Things to enclose: Pages 1-5 completed for a 1 (one) hour credit**

*In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discrimination on the bases of race, color, national origin, sex (including gender identity and sexual orientation), disability, reprisal or retaliation of prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the Complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833)256-1665 or (202)690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. Revised May 2022.*



## Self-Assessment

page 2

Place an X next to each statement that you feel you can honestly support.

1. \_\_\_\_\_ I make a conscious effort to serve fresh melons
2. \_\_\_\_\_ I make sure that portions of fruits served meet or exceed program requirements.
3. \_\_\_\_\_ I try to sit and eat with the children whenever possible.
4. \_\_\_\_\_ I ensure that every child washes thoroughly before eating, even at snack.
5. \_\_\_\_\_ I do not allow children to share bites of foods like melon slices.
6. \_\_\_\_\_ I understand that exposing my children to a variety of melons may benefit their overall diet.
7. \_\_\_\_\_ I have or will try carving melons into unusual shapes or to use as dishes to increase interest.
8. \_\_\_\_\_ I recognize that the natural sweetness of fruit is a nice alternative to sugary desserts
9. \_\_\_\_\_ I eat the same foods as my children and try to set a good example of healthy eating habits.
10. \_\_\_\_\_ I understand that children who are offered fruits like melon in place of cakes or candies, may actually learn to prefer natural foods.
11. \_\_\_\_\_ I try to include children to help decide which type of melons we eat and how often.
12. \_\_\_\_\_ I set an appropriate environment for all meals and snacks that is relaxed and enjoyable.
13. \_\_\_\_\_ I try to incorporate books, stories, songs, and games about eating fruits into play activities.
14. \_\_\_\_\_ I always wash melons before slicing because they grow at ground level and may be contaminated by insects, pasture animals, or humans.
15. \_\_\_\_\_ I never deny a child fun foods like melon because they did not complete the last meal to my satisfaction.
16. \_\_\_\_\_ I recognize that food items like melons may make little hands sticky and see this as an opportunity to help teach my kids to wash after meals and snacks, not just before.
17. \_\_\_\_\_ I recognize that serving a variety of melons is not only tasty, but a great way to introduce colors and shapes into our mealtime conversations.
18. \_\_\_\_\_ I try to serve melons in a variety of ways like slices, cubes, balls, slightly frozen, or even as a slushy drink.
19. \_\_\_\_\_ I dry out and use melon seeds as sorting or counting items for children old enough to know not to eat them.

Choose one of the statements above about which you believe strongly and briefly describe why you feel this statement is important to the nutrition education of your children:

---

---

---



## Understanding Food Program Requirements for Fruits

pg 3

Is a snack of cantaloupe and honeydew creditable? **YES / NO**

Why or why not? \_\_\_\_\_

I understand that claimed meals and snacks must be served **during** my approved time ranges? **YES / NO**

Juice may be served in place of a whole fruit or vegetable when it's \_\_\_\_\_% juice but no more than \_\_\_\_\_ times per week.

A creditable breakfast must include 3 components from the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ groupings. But, a creditable protein may be substituted for the entire bread component up to \_\_\_\_\_ times per week.

List four melon varieties \_\_\_\_\_

According to your Creditable Foods Guide, what is the appropriate serving size of fruit/vegetable for a 3-5 year old at snack? \_\_\_\_\_ For a 9 year old at supper? \_\_\_\_\_

Are the following creditable fruit/vegetable components:

**homemade** frozen juice bars **Y/N** Frozen yogurt **Y/N** banana chips **Y/N**

Describe a carambola? \_\_\_\_\_

Put the following in order (1,2,3) of likeliness to have the most nutrient value for children

Canned/jar fruits \_\_\_\_\_ Fresh fruits \_\_\_\_\_ Frozen fruits \_\_\_\_\_

Are home canned fruits or vegetables creditable on the food program **YES / NO**

Are dried fruits or vegetables creditable on the food program **YES / NO**

Are fruit pieces or roll ups creditable **YES / NO**

What is the natural sugar in fruit called? **Sucrose** **Lactose** **Fructose**

List at least 4 components you could serve with melons to complete a healthy and creditable snack

\_\_\_\_\_

Do you wash melons before cutting? **YES / NO**



Gather your children to **prepare** and eat “Chilled Cantaloupe Soup”, and then document the experience below:

**BE SURE EVERYONE WASHES THEIR HANDS!!** This project may be used to satisfy 1 fruit/vegetable component of a snack or meal for 3-5 year olds. An additional component or components will be necessary to complete a creditable snack or meal.

Things you’ll need: Blender or food processor, 1 cantaloupe (large,ripe), plastic knives for children to cut with, 2 cups 100% orange juice, 1 Tablespoon lime juice (fresh preferred), ¼ teaspoon ground cinnamon.

Begin by showing the children a whole ripened cantaloupe allowing them to feel and smell the melon BEFORE cutting. Discuss shape, color, odor, etc....

List at least 3 things your child(ren) said about the whole cantaloupe:

\_\_\_\_\_

\_\_\_\_\_

Be sure to wash the melon before cutting into it. Slice, peel, and seed the cantaloupe. Pass out slices to children and allow them to cut the cantaloupe into small cubes. Ask children if the inside of the melon is what they expected. How is it different from the outside?

List at least 3 things your child(ren) said about the inside of the cantaloupe: \_\_\_\_\_

\_\_\_\_\_

Allow children to place their cubes into the blender container. Add the orange juice, lime juice, and cinnamon. (allow children to help measure and add ingredients if at all possible). Blend till smooth allowing the children to observe the process. Refrigerate at least 1 hour and then serve in individual bowls with spoons. Garnish with lime slices, mint leaves, or more melon pieces if desired.

List at least 3 things your child(ren) said about the finished product: \_\_\_\_\_

\_\_\_\_\_

List at least 3 foods you could serve with this dish to complete a creditable snack:

\_\_\_\_\_

The date this project was completed: \_\_\_\_\_

The names of the children who participated (first names only):

\_\_\_\_\_

\_\_\_\_\_

List at least three things children (or you) may have learned from this activity:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Watermelon Paint Project –



Southwest Food Program

You will need: ripe watermelon cut into triangle wedge slices or half ovals for each child, paper cut into the same shape (large enough to be about the size of your watermelon), red or pinkish paint, q-tips, black paint or melon seeds, glue, green paint.

Give each child (and you) a watermelon slice to eat while discussing the shape, color, texture and flavor of the melon. Keep the rind of each child and collect the seeds if you want to glue them to the project.

List at least 3 things your child(ren) said about the watermelon while eating it.

\_\_\_\_\_

Wash up after eating and give each child a paper melon sheet and the red/pink crayons or paint. Allow child(ren) to make the paper look like the inside of the watermelon.

Dip each watermelon rind into a plate of green paint and then “stamp” the rind onto the paper to match the shape of a watermelon slice. Allow to dry enough that the paint doesn’t smear. Once dry dip the q-tip into the black paint and dab onto the melon make “seeds” OR glue on actual seeds.

\*\*\*You may want to count with the children as they add their seeds.

Submit a picture or sample of YOUR completed project and complete the following:

The date this activity was completed: \_\_\_\_\_

The names of the children who participated (first names only):

\_\_\_\_\_

Describe what went well or not well for this project \_\_\_\_\_

\_\_\_\_\_

What do you think the children may have learned? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

You may use this template:

