



Hey kids, become a **FOOD EXPLORER** and check this out!

Cantaloupe



Did you know...?

- Cantaloupes are a member of the gourd family, like squash and cucumbers. They grow on vines and can weigh more than 10 pounds.
- Caesar and Cleopatra probably ate cantaloupes, since ancient Romans and Egyptians enjoyed them.
- Cantaloupe is also called “rockmelon” or “muskmelon.”



DELICIOUS AND NUTRITIOUS

One cup of cantaloupe has all the vitamin A and vitamin C you need in a day. Both vitamins help build strong bones and helps our bodies heal cuts and scrapes.

SUPER SNACK IDEAS

- Cantaloupe chunks make perfect kabobs! String pieces on a straw or Popsicle stick together with other favorite fruits like strawberries, grapes, watermelon, or pineapple.
- Fill a cantaloupe wedge with sherbet or frozen yogurt for a cold, refreshing treat!

MELON HUMOR

Why do melons get married in church?

Because they can't elope.