

Cantaloupe

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students will learn about a variety of snacks and healthy living.

To learn more about cantaloupe, watch Eating Healthy with Michelle. The video can be found at <https://www.youtube.com/watch?v=H1Dn5GWB6f4&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack at <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Cantaloupe is also known as muskmelon and rockmelon.
- Grows on a trailing vine.
- The United States is the 5th largest producer of cantaloupes with over half of them grown in California. They can also be grown in Iowa.
- Excellent source of vitamin C to help ward off germs and heal cuts and bruises.
- Has a lot of vitamin A (one of the highest among fruits), which is important for your eyesight.
- Is high in fiber which aids with digestion and helps you feel full longer.
- A good source of potassium to help your blood pressure and balance fluids in your body for hydration.



Is it Ripe?

- **Color:** Outside should be golden with a flat, yellowish spot, which means it ripened on the vine.
- **Firmness:** The ends of the melon should yield slightly when gently pressed. There should be no soft spots or cracks on the melon.
- **Smell:** It should have a desirable sweet smell.
- **Weight:** It should feel heavy for its size when compared to other cantaloupes.

Try it at Home

- Cantaloupe is delicious raw. It is usually sliced or cut into chunks.
- Add cantaloupe to fruit salads, fruit soups, smoothies, or salsa.
- Serve as a desert with some ice cream and chocolate sauce.

Fresh Fruit Cocktail

Ingredients:

- 1 cup cantaloupe (cut up)
- 1 cup pineapple (chopped fresh or canned in 100% juice)
- 2 oranges (peeled and chopped)
- 2 bananas (peeled and sliced)
- 1 cup halved cherries or chopped strawberries
- 1 cup watermelon (cut up)



Directions:

1. Combine all fruit in a large bowl.
2. Serve immediately or store in the refrigerator.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/fresh-fruit-cocktail/>



This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach