



FLORIDA WATERMELON



QUIZ STUDENTS WHILE THEY GRAB LUNCH!

Did you know that while the watermelon matures, the inside transforms from white to red or pink. Its seeds can be white or black and a single watermelon can have as many as 1,000 seeds. Seedless watermelons have been grown in the United States for over 40 years now.

For more resources, visit:

Watermelon Information

<https://agresearchmag.ars.usda.gov/2002/jun/lyco>

Growing Watermelons

<https://gardeningsolutions.ifas.ufl.edu/plants/edibles/fruits/watermelon.html>

Florida Farm to School:
FarmToSchoolFL.com

National Farm to School Network:
www.FarmToSchool.org

DEAR TEACHER

This month's Harvest of the Month is watermelon! The lesson plans, worksheets, and activities provided were developed to guide your classroom's understanding of the origins and nutritional benefits of the walloping watermelon. We hope you are able to utilize all of the materials and be sure to encourage your students to try watermelon at home.

CLASSROOM RECIPE WATERMELON GAZPACHO



Serves 60

INGREDIENTS:

- 12 pounds watermelon, small dice
- 3 pounds red bell pepper, small dice
- 6 jalapeño peppers, minced
- 6 pounds green bell pepper, small dice
- 1 pound + 2 ounces green onions, minced
- 1 1/2 gallons tomato juice

PREPARATION:

1. Puree the watermelon in a food processor, then pour into a large bowl and set aside.
2. Next, place the green and red bell peppers, green onions and jalapeño peppers in the food processor and blend until very finely chopped.
3. Combine everything together, including the tomato juice; allow to marinate for 1- 2 hours prior to serving.

This institution is an equal opportunity provider.



**MATH**

STANDARDS: MAFS.K.CC.2.4, MAFS.K.CC.1.3, MAFS.K.CC.3.7, MAFS.1.OA.4.8, MAFS.2.OA.1.a

ESTIMATED TIME: 30 Minutes

OBJECTIVE:

Grade K: Students will count the number of seeds in watermelon slices.

Grades 1-2: Students will create a simple addition and subtraction equation to represent the number of seeds in a watermelon.

MATERIALS:

- Scissors
- Glue
- Blank white paper

INTRODUCTION: **Background:** Watermelons are available in Florida from late March until mid-July and come in many different varieties, some of which are seedless.

Kindergarten: Teacher will review how to read and write numerals from 0 to 20.

1st and 2nd Grade: Teacher will review how to find a missing whole number in addition and subtraction equations (ex. $2 + _ = 6$).

GUIDED ACTIVITY:

Grade K: Students will count the number of seeds on each watermelon slice.

Grades 1-2: Students will count the number of seeds on each watermelon slice and complete the equations on the "Counting Seeds!" worksheet.

INDEPENDENT ACTIVITY: Students will color the six watermelon slices on the "Counting Seeds!" worksheet.

**SOCIAL STUDIES**

STANDARDS: SS.K.G.3.3, SC.2.E.7.1

ESTIMATED TIME: 30 minutes

OBJECTIVE: Students will differentiate between the four seasons and identify which produce grows in each.

MATERIALS:

- Scissors
- Colored pencils
- Glue

INTRODUCTION: **Background:** Watermelons are a summer fruit that rely on warm temperatures to grow. In Florida, watermelons are grown in the western part of the state from Collier County to Columbia County.

Teacher will review the four seasons. Ask students to think about the foods, temperature and activities that they associate with each season.

GUIDED/INDEPENDENT ACTIVITY: Students will cut out the fruits and vegetables on the worksheet provided. Students will first make an educated guess about which season each product is planted in. Review the answers as a class. Finally, students will glue each crop into the correct season.



SCIENCE



STANDARDS: SC.1.L.16.1, SC.2.L.16.1

ESTIMATED TIME: 35 minutes

OBJECTIVE: Students will explain the lifecycle of a watermelon plant.

MATERIALS:
• Pencil

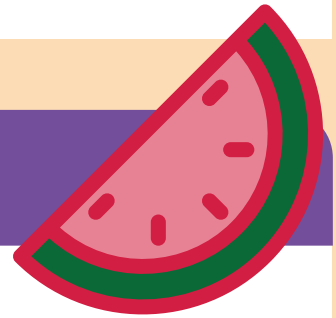
INTRODUCTION: Watermelons are a member of the same plant family as squash. They are grown from seeds and take up to three months to mature into an edible fruit. Both male and female flowers grow on the same vine and the flowers require pollination from bees to develop. The different stages of watermelon growth include: seed, sprout, seedling, young vine, flower growth, baby watermelon and fully-ripened fruit. *See the PowerPoint for additional information and resources.*

GUIDED ACTIVITY: Students will examine the pictures provided on the “From Seed to Fruit” worksheet and number the stages of growth in order from beginning to end.

INDEPENDENT ACTIVITY: Ask students to think-pair-share and discuss how they know which stage comes first, second, third and last.



LANGUAGE ARTS



STANDARDS: LAFS.K.RL.4.1 0, LAFS.1.RI.1.1, LAFS.2.RI.3.8

ESTIMATED TIME: 40 minutes

OBJECTIVE: Students will identify the main idea and details in “*Watermelon Day*” by Kathi Appelt.

MATERIALS:
• “*Watermelon Day*” by Kathi Appelt

INTRODUCTION: Read “*Watermelon Day*” by Kathi Appelt. Ask students to identify words in the text that describe watermelons. What do watermelons look, taste, feel, sound and smell like? Next, share some nutritional information with the students, such as watermelons are 92% water and a good source of vitamins A, B6, C and potassium.

GUIDED ACTIVITY: Teacher will explain the difference between the main idea and details in a story. Use the watermelon analogy to explain main idea versus details. The main idea summarizes the entire story, it is big and encompassing just like the watermelon. The seeds in a watermelon are smaller and distributed throughout a watermelon slice just as the details of a story are scattered throughout the entire text.

INDEPENDENT ACTIVITY: Students will complete the “Main Idea” worksheet to identify the main idea and details in the text.

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For more information or to provide feedback, please visit us online

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TASTE TESTING IN THE CLASS

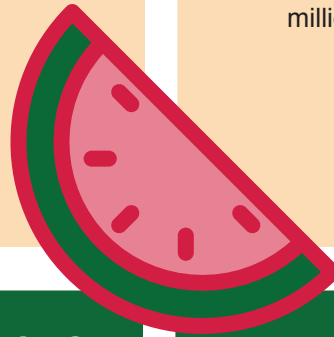
- Make the testing fun and engaging for the students! If possible, have the students help prepare the food in some way.
- Have students discuss the differences between seeded and seedless watermelon.
- Try slicing up the watermelon with other melons to make a small fruit salad.

TASTE

NUTRITION EDUCATION

- This juicy fruit is 92% water, and is fat-free and sodium-free.
- Red watermelon is a good source of lycopene, a phytonutrient that gives watermelon its color. Lycopene appears to help protect the body against some cancers, including prostate, lung, and stomach cancer. Studies show that a cup and a half of watermelon contain about 9-13 milligrams of lycopene.

LEARN



SCHOOL GARDEN TIPS & TRICKS

- Watermelons share the same plant family with cucumbers and squash.
- A mature fruit can take up to 3 months to grow.
- Watermelons grow as a vine along the ground and need plenty of space.
- Choose smaller varieties (like Sugar Baby) for a school garden.

GROW

BOOK SUGGESTIONS

“Watermelon Day”
by Kathi Appelt

“Watermelon for Everyone”
by Martha Rose Woodward

“Watermelon Container Gardening: The Quick and Easy Step by Step Guide to Growing Watermelons in Containers”
by David Yoder

READ