

Week 2: Melon Chilled Fruit Soup



Purpose To increase children's knowledge of and confidence to try new fruit.

Goals By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating melons.
2. Make a fruit snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

This lesson will be evaluated by student responses to

"Potassium in melons helps move my muscles."

Ingredients 10 cups cantaloupe chunks, fresh or frozen (if frozen, thaw)
 (For 20 students=4 groups of 5 students & 1 demo) 5 cups peach chunks (peeled), fresh or frozen (if frozen, thaw)
 5 cups 100% orange juice
 10 Tablespoons honey
 5 cups melon balls or small chunks (watermelon, honeydew, cantaloupe)
 50 toothpicks or 3-inch bamboo skewers

Materials **For Chef Prep**

1 cutting board
 1 chef's knife
 1 portion scoop (=1/4 cup)
 2-3 bus tubs for dirty dishes
 foodservice gloves
 marker
 tablespoon measure
 blender or food processor

For Kids' Cooking Demo

25 clear plastic cocktail cups (1 per student plus demo)
 5 mixing bowls (1 per group plus demo)
 5 whisks (1 per group plus demo)
 25 plastic spoons (1 per student plus demo)
 napkins or paper towels
 student handouts and crayons
 sanitary wipes
 25 prep bowls with lids (4 per group of 5 plus demo)
 5 ladles or serving spoons (1 per group plus demo)
 5 salad tongs

Assembly **Ahead of time: Chef Prep**

Always wash melons before cutting. Using the blender or food processor, blend the cantaloupe chunks. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 8 scoops (2 cups) of pureed melon each. Wash the blender or food processor, then puree the peach chunks. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 4 scoops (1 cup) pureed peaches each and 5 of the prep bowls with 4 scoops (1 cup) of orange juice each. Using the tablespoon measure, fill 5 of the prep bowls with 2 tablespoons honey each. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 4 scoops (1 cup) melon balls each. Count 10 toothpicks or skewers (or two per student) per group. Wrap and set aside. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

During Kids' Cooking Demo

Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 5 plastic cocktail cups, 1 mixing bowl, 1 whisk, 5 plastic spoons, one ladle, 1 pair of salad tongs and each one of the 5 different prep bowls (1 with cantaloupe, 1 with peach, 1 with orange juice, 1 with honey and 1 with melon balls) and the toothpicks/skewers. Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

DEMO: In the mixing bowl, whisk together the pureed cantaloupe, pureed peaches, orange juice and honey. Using the ladle, scoop the soup into the plastic cups. Skewer melon balls onto the toothpicks/skewers and put into the soup to serve.



Nutrition Lesson Script

Estimated Time 15 minutes

Lesson *Facilitators will introduce themselves and introduce the topic.*

(2 min) *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Melons are a good source of potassium. (Show whole melons.)
2. So why eat melons?

Melons have potassium, which helps you flex your muscles.

3. (Say catchphrase)

“Potassium in melons helps flex my muscles.”

(7 min) *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

(4 min) *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Color in and draw muscles on the arms of a person flexing with a melon-shaped head.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

(2 min) *Review the following information with the students:*

1. Melons are a good source of potassium. (Show whole melons.)
2. So why eat melons?

Melons have potassium, which helps you flex your muscles.

3. (Say catchphrase)

“Potassium in melons helps flex my muscles.”