



CANTALOUPE

LESSON

KEY MESSAGES

1. MyPlate is made up of 5 food groups: fruits, vegetables, grains, protein and dairy.
2. Make half of your plate fruits and vegetables.
3. Try the fruit or vegetable and the recipe talked about in this lesson.

EDUCATOR

You will be getting cantaloupe today. Here's a recipe you can use at home, and you can hang the card on your refrigerator if you want to.

[Give them a recipe and a food sample].

Cantaloupe is part of a healthy diet. It can help support heart health, your immune system, and your vision.

One way you can create a healthy diet is by using MyPlate. Have you heard about MyPlate?

PARTICIPANTS

[If the participants answers "yes," ask them what they know about MyPlate. If the participants answers "no," explain what MyPlate is].

EDUCATOR

MyPlate helps you figure out a healthy amount of each food group at every meal.

It is made up of 5 food groups: fruits, vegetables, protein, grains, and dairy. It is good to make half of your plate fruits and vegetables at every meal.

[Point to each food group on the MyPlate poster].

Using all the food groups on the poster, what is a complete meal you and your families like to make using cantaloupe? Put all the parts of the meal in their correct groups on the MyPlate poster.

You can also say your ideas out loud, and you can work together. If you don't already eat cantaloupe, what is a complete meal you would like to try making with it?

PARTICIPANTS

[Answer the questions using the MyPlate poster].