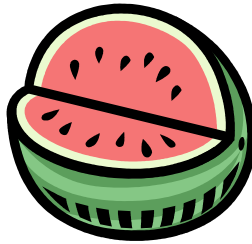


# HARVEST OF THE MONTH PRESCHOOL ACTIVITY PACKET



## MELONS August 2009

### READ ALOUD BOOKS

**Week 1:** \***Wash Your Hands** by Tony Ross  
**Germs Are Not For Sharing** by Elizabeth Verdick

**Week 2:** **I Can Eat A Rainbow** by Annabel Karmel  
\***One Cool Watermelon** by Hannah Tofts  
\***Watermelon Life Cycles** by Julie Murray  
\***Watermelon Day** by Kathi Appelt

**Additional read aloud books about melons that can be used in your classroom:**

- \***Anansi and the Talking Melon** by Eric Kimmel
- \***No More Melons for Gilda Giraffe** by Lucie Papineau
- \* **from 07-08**

Materials provided by:  
*Network for a Healthy California-Merced County Office of Education*  
Contact us: 209-381-5974 or [nnetwork@mcoe.org](mailto:nnetwork@mcoe.org)

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

The Harvest of the Month MCSD Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



# HARVEST OF THE MONTH ACTIVITIES

Melons

HM Theme: "Boot Camp"/Responsibility

Week 1

## Hand Washing Activity

Book: Wash Your Hands by Tony Ross  
Germs Are Not For Sharing by Elizabeth Verdick

### Objective:

- Students will demonstrate proper hand washing techniques to prevent the spread of germs.

### Supplies:

Hand washing poster

### Directions:

1. Read the stories Wash Your Hands and Germs Are Not For Sharing.
2. Discuss why it is important to wash your hands.
3. Teach the song *Wash, Wash, Wash Your Hands* (below).
4. Have the students wash their hands with soap and water while singing the song.

## **Wash, Wash, Wash Your Hands**

(Song tune: Row, Row, Row Your Boat)

Wash, wash, wash your hands

With soap and water too

Scrub, scrub, scrub them well

And make them clean for you!

# HARVEST OF THE MONTH ACTIVITIES

## Melons

HM Theme: "Boot Camp"/Responsibility  
Week 2

### Watermelon and other Healthy Choices

Book: One Cool Watermelon by Hannah Tofts  
I Can Eat A Rainbow by Annabel Karmel

#### Objectives:

- The students will identify fruits and vegetables as healthy food choices.
- The students will identify which colors of the rainbow watermelon, honeydew and cantaloupe would belong to.

#### Supplies:

White paint	Blue and/or red construction paper
Paint brushes	Scissors
Newspaper ads of fruit and vegetables	Glue

#### Directions:

1. Read One Cool Watermelon and I Can Eat A Rainbow.
2. Ask the students to name the inside color of watermelon, honeydew melon and cantaloupe. Explain that these melons are missing from the book I Can Eat A Rainbow. Have them identify which color of the rainbow each melon would belong to. (*Hint: it's the inside color of the fruit.*)
3. Tell the students that all of the foods in the books are fruits and vegetables. Explain that fruits and vegetables are healthy food choices. Have the students brainstorm different fruits and vegetables and make a list.
4. Show the students One Cool Watermelon and have them describe the background (the colors and lines). Explain that they will make a picture of a healthy food they like with a similar background. Model for the students how they will make lines on their paper with the white paint.
5. Have students choose either a red or blue piece of construction paper. Demonstrate how to paint the white lines on the paper.
6. While the paint is drying, have the students choose a picture of a fruit or vegetable to cut out and glue onto their paper.
7. Have each student describe his/her fruit or vegetable and take the student's dictation to glue onto the paper.

# HARVEST OF THE MONTH ACTIVITIES

## Melons

HM Theme: "Boot Camp"/Responsibility  
Week 2

### Watermelon Sequence

Book: Watermelon Life Cycles by Julie Murray

#### Objectives:

- Students will draw a sequence of how watermelons grow.
- Students will identify a watermelon as a fruit and a healthy choice for a snack.

#### Supplies:

White paper (6 X 12)

Crayons

#### Directions:

1. Read Watermelon Life Cycles and discuss how watermelons grow. Review with students that a watermelon is a fruit and a healthy choice for a snack.
2. Tell the students they will make a story out of pictures that show how a watermelon grows. Demonstrate and encourage students to describe how a watermelon grows (using crayons to draw the seed, vine and watermelon).
3. Give the students white paper and crayons and do a directed drawing lesson of a seed, a vine and a watermelon.
4. Take the student's dictation for each picture.

# HARVEST OF THE MONTH ACTIVITIES

## Melons

HM Theme: "Boot Camp"/Responsibility  
Week 2

### Watermelon Day

Book: Watermelon Day by Kathi Appelt

#### Objectives:

- Students will create a "watermelon" dance.
- Students will describe why dancing is healthy for them.
- Students will describe when and where it is appropriate to spit.
- Students will sing watermelon songs.

#### Directions:

1. Read Watermelon Day and discuss the story.
2. In the story Jesse spits out her watermelon seeds. Discuss with students when and where it is okay to spit and why.
3. In the story Jesse dances. Explain that dancing isn't only fun, but it is healthy too. Play music and have the students create their own watermelon dance.
4. Teach and sing the watermelon chant and song.

### **WATERMELON CHANT**

First you take a seed and you plant it, plant it.  
Then, you see a sprout and you water it, water it.  
Then, you see a vine and you watch it, watch it.  
Then, you see a watermelon and you pick it, pick it.  
Then, you slice it up and you eat it, eat it.  
If you find a seed, then you plant it, plant it.  
And start all over again!

### **THE WATERMELON SONG (Tune: "Frere Jacques")**

Watermelon, watermelon,  
Tastes so yummy, tastes so yummy.  
Green on the outside, red on the inside.  
With black seeds, with black seeds.

# FOOD EXPERIENCE

## AUGUST 2009

Friday 8/21/09

### Rainbow Melon Taste Test

3 cups Watermelon balls or cubes  
3 cups Honeydew balls or cubes  
3 cups Cantaloupe balls or cubes

#### Directions:

1. Use a melon baler to scoop melons, or cut into small cubes.
2. Serve taste of each melon variety (1/8 cup of each).

Makes 24 tastes at 1/8 cup each

Recipe adapted from Harvest of the Month Educator Newsletter\_Melons (Summer)

Friday 8/28/09

### Watermelon Ice

4 cups cubed seedless watermelon  
2 cups cracked ice  
1/4 cup sugar  
1 tablespoon of fresh squeezed lime  
5 oz Dixie cups

1. Place items in a blender and process until well blended.
2. Pour 1/4 cup of mixture into each cup.
3. Serve!

Makes 24 tastes (1/4 cup each)

Recipe adapted from USDA Food and Nutrition Service