



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Watermelon

Lakota: špaŋšniyútapi

Preschool Lesson Plan

Objectives

Participants will:

- identify watermelon as a fruit and a vegetable.
- identify how to select and store watermelon and its nutritional value.
- demonstrate using watermelon in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Watermelon visuals
- An actual watermelon

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Watermelon Smoothie

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring Liquid and Dry Ingredients
- Blender Use and Safety
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Storing fresh produce
- Cooking terms - chop, divided, hull, mince and puree

Supplies for Watermelon Lesson

- Watermelon Smoothie
 - » Knives
 - » Cutting board
 - » Measuring cups
 - » Measuring spoons
 - » Blender or food processor

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • Africa is considered its native home. • This round food can be considered a fruit and a vegetable. • Early explorers used them as canteens. • Some people thump them to check for ripeness. (Answer: Watermelon.) 	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of watermelon.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>Watermelon can be considered a fruit and a vegetable. It is a fruit as it grows from a seed and has a sweet, refreshing flavor. It is a vegetable, related to cucumbers, pumpkin and squash, and is harvested like other vine growing vegetables.</p>	<ul style="list-style-type: none"> • Show Parts of the Plant visual. • Point to the fruit. • Call on someone who would like to answer.
<p>Have any of you grown watermelon before?</p> <p>Watermelon prefers a sunny location with well-drained soil for best growth.</p> <p>Watermelon can be grown from seeds or from started plants. When planting seeds, plant four to six seeds that are 1-2 inches deep in mounds about 4 feet apart. If growing from transplants, the plants should have two to three mature leaves. Plant them 2 feet apart in rows that are 4-6 feet apart. The plants should be watered once per week and have 1-2 inches when watered. To improve the watermelon's flavor, reduce the water amounts as the fruit ripens.</p> <p>Watermelons are ripe and should be harvested when the underside, or ground spot, changes from white to yellow and the watermelon skin changes from shiny to dull.</p>	<ul style="list-style-type: none"> • Discuss growing watermelon. • If using a whole watermelon in your food prep, show the ground spot and dull skin surface.

What You Say:	What You Do:
<p>Watermelons are available in many sizes, shapes and colors. They may be round to oblong, light green to a deep, dark green and the skin color may be solid, striped or marbled. The edible flesh inside of the watermelon may be yellow, pink, orange or red. Another choice is seeded or seedless watermelon.</p> <p>When purchasing watermelon, choose one that is heavy with a hard rind. Again, look for the yellow ground spot and a dull finish to the outer skin.</p>	<ul style="list-style-type: none"> • Show visuals of different varieties of watermelon.
<p>Why would we want to eat watermelon?</p> <p>Watermelon is mostly water, it is up to 92% water!</p> <p>Its high water content refreshes us and carries many minerals and antioxidants in our bodies. Watermelon is also a good source of vitamin A, which keeps our eyes healthy, and vitamin C, which keeps our gums healthy and helps heal our cuts and bruises.</p>	
<p>If we are not going to eat watermelon right away, how do we store it?</p> <p>(Answer: Uncut watermelon can be stored at cool room temperature for 1-2 weeks.)</p> <p>What steps should we follow if we are going to cut the watermelon?</p> <p>(Answer: Wash the outer surface of watermelon thoroughly under cool running water before cutting to remove any dirt or bacteria.)</p> <p>To store cut watermelon, tightly cover it and put in the refrigerator. Make sure to eat it within 2-3 days.</p>	<ul style="list-style-type: none"> • Call on participants that want to answer and discuss the storage of watermelon. • Call on participants that want to answer and discuss food safety when preparing watermelon for eating.
<p>Are you ready to try out a watermelon recipe?</p> <p>What is the first thing that we do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Go over Handwashing skill sheet.

Use this page if you are going to prepare Watermelon Smoothie

Equipment List

- Knives
- Measuring cups
- Blender or food processor
- Cutting board
- Measuring spoons

What You Say:	What You Do:
Today we are going to make a watermelon smoothie. This smoothie only has 5 ingredients: fat-free yogurt, watermelon, strawberries, honey or strawberry jam, and ice.	<ul style="list-style-type: none"> Read through the recipe with the participants.
What two food groups are represented in our recipe? (Answer: Fruit and dairy.)	<ul style="list-style-type: none"> Point out the fruit and dairy groups on MyPlate.
Our focus during Pick It! Try It! Like It! Preserve It! lessons has been on fruits and vegetables and the nutrients that they provide. Why do you think we need to include dairy in our diet? (Possible answers: It has calcium and vitamin D to help give us strong bones and teeth.)	<ul style="list-style-type: none"> Discuss importance of dairy foods.
The amount of dairy foods we need each day depends on our age. It is best to choose low-fat dairy foods. Low-fat choices have the same amount of calcium, but less fat and calories.	
In the recipe, it says to hull the strawberries before putting them in the blender. Does anyone know what that means? (Answer: To remove the green leafy stem.) To hull strawberries, it is best to use a pairing knife.	<ul style="list-style-type: none"> See if anyone knows the answer and explain what hull means.
To make our smoothie, we will be using a blender. We will also be using a knife to cube the watermelon.	<ul style="list-style-type: none"> Go over Blender Use and Safety skill sheet. Review Knife Safety and Cutting Boards skill sheet. Review Washing Fruits and Vegetables skill sheet.

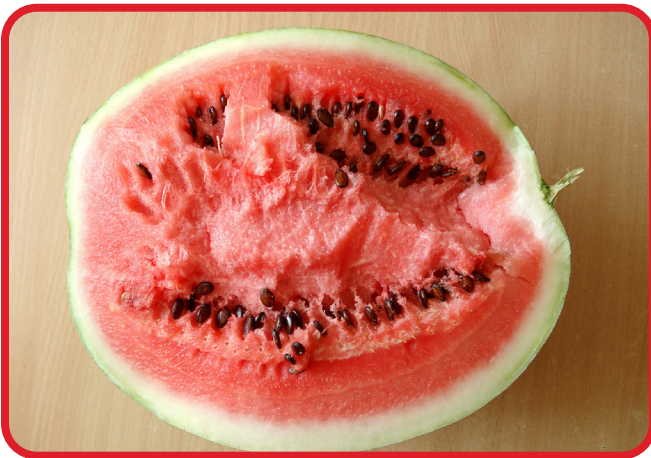
Visuals



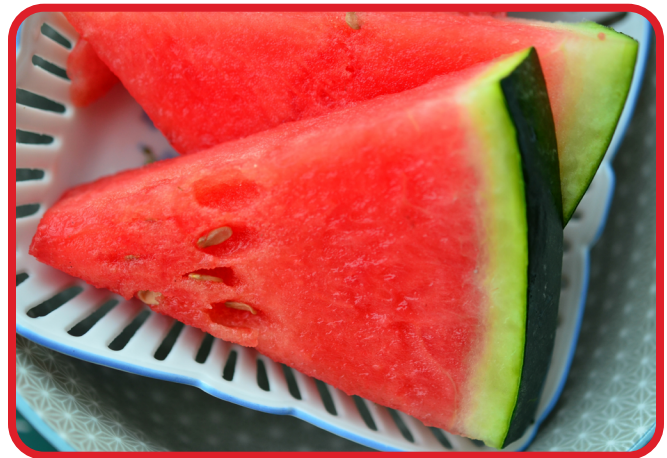
Small watermelon growing on the vine



Full-sized watermelon on the vine



A seeded watermelon



Seedless watermelon



Cut yellow watermelon

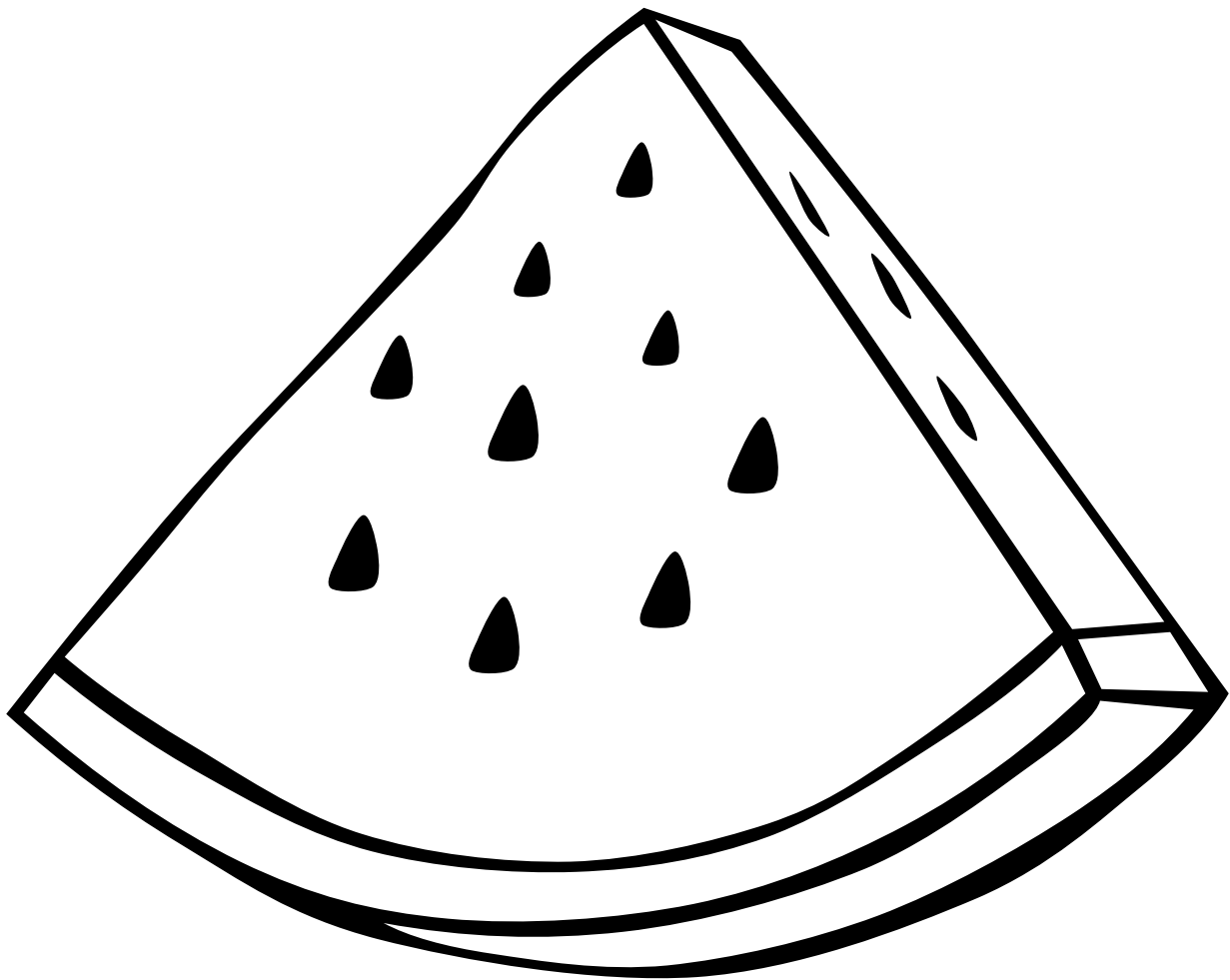
Watermelon Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Watermelon, cut	½ cup 77	23	.3	438	6	86	2
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-3 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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WATERMELON



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Watermelon Sources

Recipe

- myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho

South Dakota Harvest Calendar

- pickyourown.org/SDharvestcalendar.htm

How long to store

- foodsafety.gov/keep/foodkeeperapp/index.html

How to store

- hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/

Cooking Glossary

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

Daily Nutrition Goals

- dietaryguidelines.gov/current-dietary-guidelines

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Pick it!

Best clue to ripeness is a yellow or creamy underside, not white or pale green.

Heavy with a hard rind.

The flesh should be deep colored with dark brown or black seeds; a few white seeds if "seedless".

Store uncut watermelon up to 2 weeks at cool room temperature.

Tightly cover cut pieces in plastic wrap and refrigerate for 2-3 days.

Try it!

Rinse whole watermelons with clean water before slicing to remove any bacteria.

The flavor of watermelon is best enjoyed raw.

Watermelon is delicious in fruit smoothies, slushes or simply eaten from the rind.

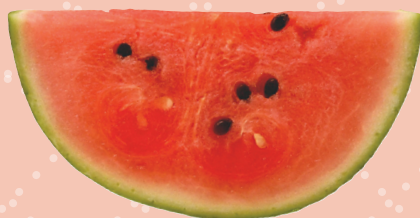


Types of Watermelon

Personal: 6-15 pounds, may have deep red, yellow or orange flesh.

Icebox: 6-15 pounds, may have yellow, orange or white flesh.

Picnic: Over 15 pounds, may have red, pink, orange and yellow flesh, some are seedless.



Did you know...

Watermelon has a high water content. Water moves nutrients and wastes in the body. Water is part of the body's cooling system and balances the acid-base ratio.

Like it!

Watermelon Smoothie

Ingredients

- 8 ounces fat-free lemon yogurt
- 3 cups watermelon; seeded and cubed
- 1 pint fresh strawberries; washed and hulled
- 1 Tablespoon honey or strawberry jam
- 3 ice cubes

Directions

1. In a blender or food processor, add all ingredients.
2. Process until smooth and frothy.
3. Serve in tall glasses with a straw.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 0g; Cholesterol 0mg; Sodium 680mg;
Carbohydrates 34g; Fiber 4g; Sugar 26g; Protein 5g

Lakota word translated by Jeshua Estes.

Watermelon Gazpacho

Ingredients

- 4 cups watermelon; seeded, cubed and divided
- 1 cucumber; peeled, coarsely chopped and divided
- 1 clove garlic; minced
- 2 Tablespoons onion; chopped
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 Tablespoon fresh basil
- 1/8 teaspoon ground black pepper
- *Optional 1/2 a jalapeno; seeded and chopped

Directions

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until pureed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Yields 4 servings

Nutrition Facts per Serving:
Calories 70; Fat 2g; Cholesterol 0mg; Sodium 0mg;
Carbohydrates 13g; Fiber 1g; Sugar 10g Added Sugars
included 0g; Protein 1g

Source: myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho

**Find more recipes
and videos at
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