



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Cantaloupe

**In season:**



**Summer**



*Lakota: suphéstola*

## Lesson Plan

### Objectives

Participants will:

- identify cantaloupe as a fruit from MyPlate.
- increase knowledge in the selection, storage and nutritional value of cantaloupe.
- recognize the importance of thoroughly washing cantaloupe and demonstrate how this is done.
- demonstrate the use of cantaloupe in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Daily Recommendation visual
- Measuring cups - 1 cup and ½ cup
- Visuals, food models and an actual cantaloupe
- Cantaloupe seed packet
- Vegetable brush
- Melon scoop/large spoon
- Examples of covered containers
- Freezer bags

### Handouts or Take Home Items

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

### Recipe Choices

- Cantaloupe Cooler
- Chilled Cantaloupe Soup

### Cooking and Food Safety Skill Sheets

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

### Other Cooking and Food Safety Skills

- Cooking terms: blend and dissolve

### Supplies for Cantaloupe Lesson

- Cantaloupe Cooler
  - » Cutting board
  - » Knife
  - » Spoon
  - » Blender, food processor or hand mixer
  - » Liquid measuring cup
  - » Measuring spoons
  - » Pitcher
- Chilled Cantaloupe Soup
  - » Knife
  - » Cutting board
  - » Liquid measuring cup
  - » Measuring spoons
  - » Blender
  - » Bowl with lid
  - » Spoon

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"> <li>• It was brought to the U.S. by Christopher Columbus.</li> <li>• California, Arizona and Texas grow the majority of this crop in the United States.</li> <li>• It is sometimes called muskmelon.</li> <li>• It is identified by the netting that covers it's outside.</li> </ul> <p>(Answer: Cantaloupe.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of cantaloupe.</li> </ul>
<p>Cantaloupe, along with cucumbers, squash, pumpkins and watermelon are members of the cucurbit family of produce. They grow on vines on the ground.</p>	<ul style="list-style-type: none"> <li>• Keep the visuals of cantaloupe visible.</li> </ul>
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into 4 food groups and the dairy group is shown as a glass of milk. If we look at the plate, half of it is fruits and vegetables, the other half is grains and protein.</p> <p>What food group do you think cantaloupe belongs to?</p> <p>(Answer: Fruit.)</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> <li>• Call on someone to answer.</li> </ul>
<p>Depending on your age and gender, we should be eating between 1 and 2 cups of fruit a day.</p> <p>One cup of cut up cantaloupe counts as 1 cup of fruit from MyPlate. One medium wedge or about <math>\frac{1}{8}</math> of a medium cantaloupe counts as <math>\frac{1}{2}</math> cup of fruit from MyPlate.</p>	<ul style="list-style-type: none"> <li>• Show a 1 cup and a <math>\frac{1}{2}</math> cup measuring cups.</li> <li>• Show a food model of a medium-size cantaloupe or a medium wedge of a cantaloupe.</li> </ul>

What You Say:	What You Do:
<p>Have any of you grown cantaloupe before?</p> <p>Cantaloupe can be grown from seeds or from started plants. They like fertile, well-drained soil with direct sunlight.</p> <p>Cantaloupe plants require high temperatures during the summer months. They also need plenty of water. Cantaloupes grow on trailing vines that can reach up to 5 foot in height and length. The cantaloupe vines have tendrils that can attach to nearby objects.</p> <p>The cantaloupe fruit develops about 90 days after planting.</p> <p>Cantaloupes are ready to harvest when the stem becomes dry and brown.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> <li>• If possible, show a packet of cantaloupe seeds.</li> </ul>
<p>When purchasing cantaloupe, choose fruits with a sweet smell and that are heavy for their size. Look for cantaloupes that are well-shaped with good netting and a yellow or cream color under the netting with not bruising, cuts or soft spots.</p> <p>Check the cantaloupe for a stem. A mature cantaloupe should have no stem left on it. The end opposite of the stem end is the blossom end. This end should be just soft enough to give with gentle pressure.</p>	<ul style="list-style-type: none"> <li>• Show an example of a fresh cantaloupe pointing out the qualities to look for when purchasing.</li> </ul>
<p>Cantaloupes ripen on the stem. They will soften and become more juicy after harvest, but they will not become any sweeter.</p>	
<p>Because cantaloupes grow on or close to the ground, we need to make sure that we wash them thoroughly before cutting them. We also want to remember to wash our hands, knives and cutting boards before and after handling melons.</p> <p>Even though we are not going to be eating the outside of the cantaloupe, it is important to wash the outside so that the germs from the outside are not carried by the knife to the inside of the cantaloupe.</p> <p>How should we wash a cantaloupe? (Answer: Scrub the cantaloupe well with a clean vegetable brush under cool running water. Then dry the cantaloupe with paper towels.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Demonstrate thoroughly washing a cantaloupe stressing that handwashing is important also.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>



= for adults or older youth

What You Say:	What You Do:
<p>After washing the cantaloupe, slice it open, remove the seeds and strings and slice it for serving.</p> <p>To remove the outer rind, slice the cantaloupe into sections and slide a sharp knife between the rind and the orange fruit. Then it can be cut into serving sizes if desired or one can use a melon scoop to make melon balls.</p>	<ul style="list-style-type: none"> <li>• Demonstrate cutting the cantaloupe, removing the seeds, removing the rind and cutting into serving sizes.</li> <li>• Show a picture of or an actual melon scoop if possible.</li> <li>• Discuss other kitchen tools that could be used if a melon scoop is not available.</li> </ul>
<p>Uncut cantaloupe can be stored at room temperature for up to 1 week.</p> <p>Cut cantaloupe should be stored in a covered container in the refrigerator and used within 5 days.</p>	<ul style="list-style-type: none"> <li>• Show some examples of storage containers.</li> </ul>
<p>What are some ways that we can eat cantaloupe?</p> <ul style="list-style-type: none"> <li>• eaten plain</li> <li>• added to other fruits for a salad</li> <li>• dipped in yogurt</li> <li>• eaten with cottage cheese</li> <li>• made into salsa</li> <li>• in chicken salad</li> <li>• served with sherbet as a dessert</li> </ul>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>
<p>Cantaloupe is usually eaten raw. It can be frozen for future use. To freeze, place cubed cantaloupe in freezer quality bags and place in the freezer. Frozen cantaloupe can be eaten plain or used in smoothies.</p>	<ul style="list-style-type: none"> <li>• Show an example of a freezer bag.</li> </ul>
<p>Why might we want to eat cantaloupe?</p> <p>Cantaloupe is high in vitamins A and C.</p> <p>Vitamin A keeps our eyes and skin healthy. Vitamin C helps our cuts and bruises to heal and keeps our gums healthy.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
<p>Cantaloupe is also fat free, cholesterol free and a good source of folate and potassium. Potassium is important for fluid balance in our body.</p>	
<p>Are you ready to try out a recipe using cantaloupe?</p> <p>What is the first thing we always do before preparing food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>



= for adults or older youth



## Use this page if you are going to prepare Cantaloupe Cooler

### Equipment List

- Cutting board
- Knife
- Spoon
- Blender, food processor or hand mixer
- Liquid measuring cup
- Measuring spoons
- Pitcher

What You Say:	What You Do:
Today we are going to be making Cantaloupe Cooler.  Let's read through the recipe before we begin.	<ul style="list-style-type: none"> <li>• Pass out recipes.</li> <li>• Read together with participants.</li> </ul>
This recipe only has 4 ingredients: cantaloupe, orange juice, sugar or sweetener, and ice.  What food group is represented in this recipe? (Answer: Fruit.)	<ul style="list-style-type: none"> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
To make our refreshing drink, we will be using a knife and cutting board to cut the cantaloupe.  What do we need to do to the cantaloupe before we cut it? (Answer: Wash it.)  What are some things we need to remember about using knives and cutting boards?	<ul style="list-style-type: none"> <li>• Review how to thoroughly wash a cantaloupe from lesson.</li> <li>• Go over Knife Safety and Cutting Boards skill sheet.</li> </ul>
We will be measuring a liquid for this recipe. Let's review how to measure liquid ingredients.	<ul style="list-style-type: none"> <li>• Refer to the Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
We can use a blender, mixer or food processor to blend the ingredients for the Cantaloupe Cooler. (If using a blender, review blender safety.)	<ul style="list-style-type: none"> <li>• Refer to Blender Use and Safety skill sheet.</li> </ul>
What does the cooking term "blend" mean? (Answer: To incorporate two or more ingredients thoroughly.)	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
After the cantaloupe is blended with some of the orange juice, the mixture is poured into a pitcher and the remaining orange juice and sweetener are added. We will stir until the sweetener is dissolved. What does the cooking term "dissolve" mean? (Answer: To cause a dry ingredient to pass into solution in a liquid.)	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>

## Use this page if you are going to prepare Chilled Cantaloupe Soup

### Equipment List

- Knife
- Cutting board
- Liquid measuring cup
- Measuring spoons
- Blender
- Bowl with lid
- Spoon

What You Say:	What You Do:
Today we are going to be making Chilled Cantaloupe Soup.  Let's read through the recipe together before we begin.	<ul style="list-style-type: none"> <li>Pass out recipes. Read together with participants.</li> </ul>
This recipe has only 4 ingredients: cantaloupe, orange juice, lime juice and cinnamon.  What food group is represented in this recipe? (Answer: Fruit.)	
Depending on your age and gender, one should be eating between 1 and 2 cups of fruit per day. This refreshing cantaloupe soup can help us to meet this recommendation.	<ul style="list-style-type: none"> <li>Show the MyPlate poster.</li> </ul>
The cantaloupe needs to be peeled, seeded and cubed.  What step needs to be done before we peel, seed and cube? (Answer: Wash the cantaloupe.)	<ul style="list-style-type: none"> <li>Review Washing Fruits and Vegetables skill sheet.</li> </ul>
We will be measuring a liquid ingredient. Let's review how to measure liquids.	<ul style="list-style-type: none"> <li>Refer to Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
The cantaloupe and part of the orange juice will be placed in a blender and blended until smooth.  What does the cooking term "blend" mean? (Answer: To incorporate two or more ingredients thoroughly.)	<ul style="list-style-type: none"> <li>Go over Blender Use and Safety skill sheet.</li> <li>Call on someone who would like to answer.</li> </ul>
If there is leftover Cantaloupe Soup, what should be done with it? (Answer: Store in a covered container in the refrigerator.)	<ul style="list-style-type: none"> <li>Call on someone who would like to answer.</li> </ul>

## Visuals



**Cantaloupe growing on vines**



**The skin of the cantaloupe has a netting pattern**



**You will want to scoop out the seeds before you slice cantaloupe**



**A close up of the seeds inside of cantaloupe**

## Cantaloupe Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Cantaloupe, cubed</b>	½ cup, 80 g	27	0.7	60%	30 mg	214 mg	17 mg
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	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)

# Cantaloupe Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup)

## Other

- [snaped.fns.usda.gov/seasonal-produce-guide](https://snaped.fns.usda.gov/seasonal-produce-guide)
- [fruitsandveggies.org/fruits-and-veggies/cantaloupe](https://fruitsandveggies.org/fruits-and-veggies/cantaloupe)
- [myplate.gov/](https://myplate.gov/)
- [tonsoffacts.com/25-fun-and-fascinating-facts-about-cantaloupe](https://tonsoffacts.com/25-fun-and-fascinating-facts-about-cantaloupe)
- [extension.usu.edu/fscreate/ou-files/FFruitscantaloupe.pdf](https://extension.usu.edu/fscreate/ou-files/FFruitscantaloupe.pdf)
- [extension.colostate.edu/docs/pubs/foodnut/cantaloupecard.pdf](https://extension.colostate.edu/docs/pubs/foodnut/cantaloupecard.pdf)
- [extension.umaine.edu/publications/4264e/](https://extension.umaine.edu/publications/4264e/)
- [learnaboutag.org/resources/fact/cantaloupe.pdf](https://learnaboutag.org/resources/fact/cantaloupe.pdf)

## Cooking Terms

- [reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary](https://reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary)

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SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Cantaloupe

*Lakota: suphéstola*

## Pick it!

Choose fruits with a sweet smell.

The cantaloupe should have a smooth, rounded stem scar and the blossom end (opposite of the stem scar) should yield slightly to pressure.

The outer rind should have raised, well-developed netting pattern with a yellow background. Some varieties retain green colored backgrounds when ripe.

Rind should be free of cuts or bruises.

If melon is not ripe when purchased, store at room temperature for 1-2 days.

## Try it!

When ripe, keep in refrigerator for about 5 days.

Do not rinse before storage, but scrub with a vegetable brush before cutting.

After cutting in half, scoop out seeds, discard before eating flesh.

Usually used raw in slices or chunks.

Add to fruit salads, lettuce salads, fruit soups or salsa; serve as dessert with ice cream.



## Types of Melons

**Cantaloupe:** Musky smell and orange flesh, commercial varieties actually muskmelons but called cantaloupes

**Honeydew:** Smooth, whitish rind, lime green to white flesh, sweetest of all melon varieties

**Watermelon:** Smooth, green and white rind with red flesh; many varieties of watermelon.



## Did you know...

Vitamin A affects eyesight, cell growth, immune function and bone growth. Deep orange and green leafy vegetables are excellent sources of vitamin A.



**Like it!**

## Cantaloupe Cooler

### Ingredients

- 1 ripe cantaloupe
- 2 ½ cups orange juice
- 1 Tablespoon sugar or artificial sweetener
- Crushed ice

### Directions

1. Cut melon in half. Scoop out and discard seeds. Cut into 1 inch cubes.
2. Use a blender or food processor to blend the melon and ½ cup orange juice until smooth.
3. Pour mixture into a pitcher and stir in the remaining orange juice and sweetener until dissolved.
4. Pour into glasses filled with crushed ice.

Yields 8 servings

#### Nutrition Facts per Serving:

Calories 71; Total Fat 0g; Cholesterol 0mg; Sodium 12 mg; Carbohydrates 17g, Dietary Fiber 1 g, Total Sugars 15 g, Added Sugars included 3g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler)

## Chilled Cantaloupe Soup

### Ingredients

- 1 cantaloupe, peeled, seeded and cubed
- 2 cups orange juice
- 1 Tablespoon fresh lime juice
- ¼ teaspoon ground cinnamon

### Directions

1. Place cantaloupe and ½ cup orange juice in a blender or food processor. Cover with lid and blend until smooth.
2. Transfer to a large bowl. Stir in lime juice, cinnamon and remaining orange juice.
3. Cover and refrigerate for at least 1 hour. Serve chilled.

Yields 6 servings

#### Nutrition Facts per Serving:

Calories 69; Total Fat 0g; Cholesterol 0mg; Sodium 16 mg; Carbohydrates 16 g, Dietary Fiber 1g, Total Sugars 14g, Added Sugars included 0g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup)

*Lakota word translated by Jeshua Estes.*

**Find more recipes  
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