



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Watermelon

*Lakota: špaŋšniyútapi*

## Lesson Plan

### Objectives

Participants will:

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

### Items Needed for the Lesson

- MyPlate poster
- Watermelon Nutrition Information
- A ripe watermelon or visual to show ground spot and dull surface
- Visuals of different types of watermelon

### Handouts or Take Home Items

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

### Recipe Choices

- Watermelon Smoothie
- Watermelon Gazpacho

### 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
- Watermelon Gazpacho
  - » Knives
  - » Cutting boards
  - » Vegetable peeler
  - » Measuring cups
  - » Measuring spoons
  - » Large bowl
  - » Small bowl
  - » Spoon
  - » Blender or food processor

| What You Say:   | What You Do:   |
|---|--|
| <p>Every class we are going to learn about a different fruit or vegetable. I am 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>• Africa is considered its native home.</li> <li>• This round food can be considered a fruit and a vegetable.</li> <li>• Early explorers used them as canteens.</li> <li>• Some people thump them to check for ripeness.</li> </ul> <p>(Answer: Watermelon.)</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 watermelon.</li> </ul> |
| <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> <p>MyPlate shows us that we should be filling half of our plates with fruits and vegetables.</p>  | <ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>   |
| <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 4-6 seeds, 1-2 inches deep in mounds about 4 feet apart. If growing from transplants, the plants should have 2-3 mature leaves. Plant them 2 feet apart in rows 4-6 feet apart. Water 1-2 inches per week. 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"> <li>• Discuss growing watermelon.</li> <li>• If using a whole watermelon in your food prep, show the ground spot and dull skin surface.</li> </ul>  |
| <p>Watermelons are available in many sizes, shapes and colors. They may be round to oblong, light green to 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"> <li>• Show visuals of different varieties of watermelon.</li> </ul>   |

| What You Say:  | What You Do:  |
|--|---|
| <p>Why would we want to eat watermelon?</p> <p>Watermelon is mostly water – up to 92% water.</p> <p>Watermelon’s high-water content refreshes us and carries many minerals and antioxidants in our bodies. A powerful antioxidant, lycopene, is found in watermelon. Watermelon has more lycopene than any other fruit or vegetable.</p> <p>Lycopene can help to reduce inflammation in our body.</p> <p>Watermelon is low in fat, is an excellent source of vitamins A and C and has only 80 calories per 2 cups.</p> | <ul style="list-style-type: none"> <li>• Show the nutrient chart for watermelon.</li> <li>• Show a 2 cup equivalent of watermelon using food models or measuring cups.</li> </ul>   |
| <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"> <li>• Call on participants that want to answer and discuss the storage of watermelon.</li> <li>• Call on participants that want to answer and discuss food safety when preparing watermelon for eating.</li> </ul> |
| <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 hands.)</p>   | <ul style="list-style-type: none"> <li>• Wait for possible answers to the question.</li> <li>• Go over Handwashing skill sheet.</li> </ul>  |

# 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:  |
|--|---|
| <p>Today we are going to make a Watermelon Smoothie.</p> <p>This smoothie has only 5 ingredients: fat-free yogurt, watermelon, strawberries, honey or strawberry jam and ice.</p>  | <ul style="list-style-type: none"> <li>• Pass out the recipe.</li> </ul>  |
| <p>What two food groups are represented in our recipe? (Answer: Fruit and dairy.)</p>  | <ul style="list-style-type: none"> <li>• Point to fruit and dairy groups on MyPlate.</li> </ul>   |
| <p>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: For strong bones and teeth, provides calcium and vitamin D.)</p> | <ul style="list-style-type: none"> <li>• Discuss importance of dairy foods.</li> </ul>  |
| <p>The amount of dairy foods we need each day depends on our age.</p> <p>It is best to choose low-fat dairy foods. Low-fat choices have the same amount of calcium, but less fat.</p>  | <ul style="list-style-type: none"> <li>• Look at the label on the low-fat yogurt container.</li> </ul>  |
| <p>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.)</p> <p>To hull strawberries, it is best to use a paring knife.</p>  | <ul style="list-style-type: none"> <li>• See if anyone knows the answer, if not explain.</li> </ul>   |
| <p>To make our smoothie, we will be using a blender.</p> <p>We will also be using a knife to cube the watermelon.</p>  | <ul style="list-style-type: none"> <li>• Go over Blender Use and Safety skill sheet.</li> <li>• Review Knife Safety and Cutting Boards skill sheet.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul> |



# Use this page if you are going to prepare Watermelon Gazpacho

## Equipment List

- Knives
- Cutting boards
- Vegetable peeler
- Measuring cups
- Measuring spoons
- Large bowl
- Small bowl
- Spoon
- Blender or food processor

| What You Say:  | What You Do:  |
|--|---|
| <p>Today we are going to make Watermelon Gazpacho.</p> <p>Does anyone know what "gazpacho" is?<br/>(Answer: Gazpacho is a spicy soup that is usually made from chopped raw vegetables and is served cold.)</p>   | <ul style="list-style-type: none"> <li>• Pass out the recipe.</li> <li>• Check to see if anyone would like to answer.</li> </ul>                                  |
| <p>Before we begin any food preparation, what do we need to do?<br/>(Answer: Wash our hands.)</p> <p>We also want to wash the produce that we will be using in our recipe before we do any cutting or chopping. How do we wash the different fruits and vegetables that we are going to use today?</p>   | <ul style="list-style-type: none"> <li>• Refer to Handwashing skill sheet.</li> <li>• Refer to the Washing Fruits and Vegetables skill sheet.</li> </ul>          |
| <p>Let us read through the recipe together.</p> <p>Note that the watermelon and cucumber amounts are "divided".</p> <p>We will be using part of the amounts for different steps in the recipe.</p>   | <ul style="list-style-type: none"> <li>• Read the recipe aloud.</li> </ul>  |
| <p>Some other cooking terms used in the recipe are chopped, minced and pureed. What do these terms mean?<br/>(Answer: Chop is to cut solids into pieces with a sharp knife or other chopping equipment. Mince is to cut or chop into very small pieces. Puree is to mash foods by hand or by whirling in a food processor or blender until very smooth.)</p> | <ul style="list-style-type: none"> <li>• Allow time for participants to describe the cooking terms.</li> </ul>  |
| <p>We will be using knives, cutting boards and a blender to prepare the gazpacho. What are some things we want to remember when using these pieces of kitchen equipment?</p>   | <ul style="list-style-type: none"> <li>• Refer to Knife Safety and Cutting Boards skill sheet.</li> <li>• Refer to Blender Use and Safety skill sheet.</li> </ul> |

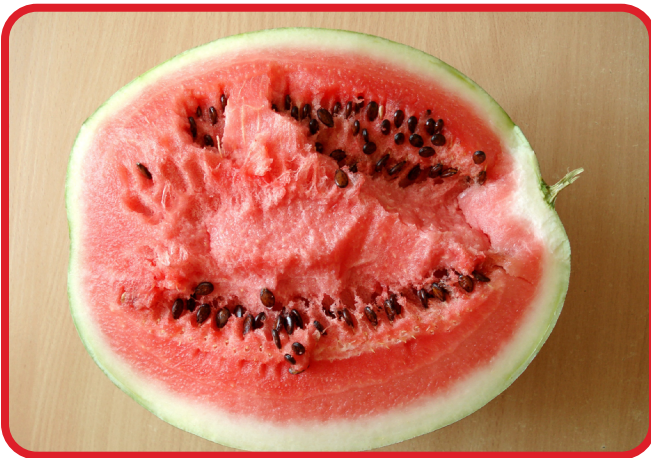
## Visuals



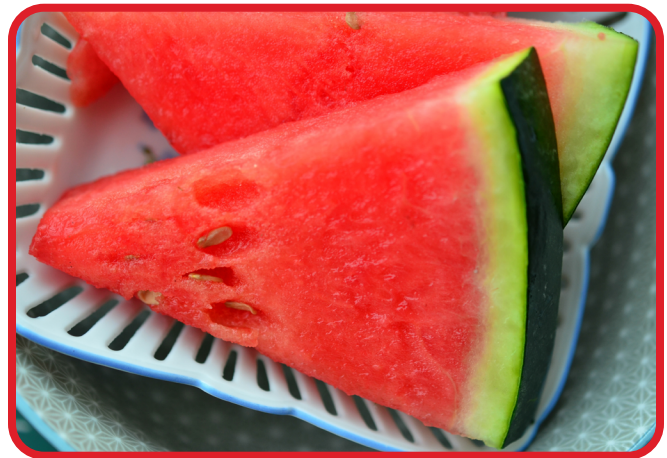
**Small watermelon growing on the vine**



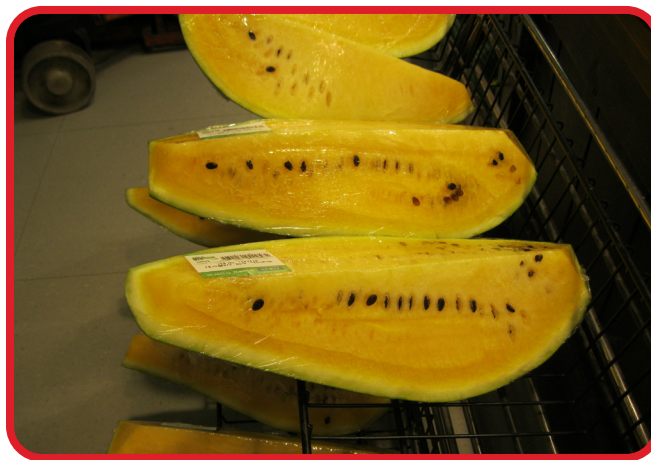
**Full-sized watermelon on the vine**



**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<br>77  | 23   | .3  | 438   | 6   | 86  | 2   |
| <b>Daily Recommendations</b><br><b>RDA=Recommended daily allowance</b><br><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) |

# Watermelon Sources

## Recipe

- [myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho](https://myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho)

## South Dakota Harvest Calendar

- [pickyourown.org/SDharvestcalendar.htm](https://pickyourown.org/SDharvestcalendar.htm)

## How long to store

- [foodsafety.gov/keep/foodkeeperapp/index.html](https://foodsafety.gov/keep/foodkeeperapp/index.html)

## How to store

- [hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/](https://hgic.clemson.edu/factsheet/selecting-storing-fruits-vegetables/)

## Cooking Glossary

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

## Daily Nutrition Goals

- [dietaryguidelines.gov/current-dietary-guidelines](https://dietaryguidelines.gov/current-dietary-guidelines)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents





SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Watermelon

*Lakota: špaŋšniyútapi*

## 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.

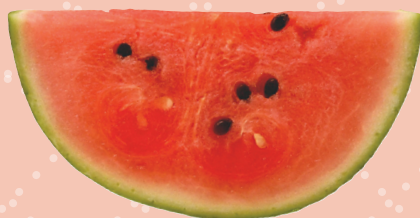


## Types of Watermelon

**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
- $\frac{1}{8}$  teaspoon ground black pepper
- \*Optional  $\frac{1}{2}$  a jalapeno; seeded and chopped

### Directions

1. In a small bowl, mix 1 cup of cubed watermelon and  $\frac{1}{2}$  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](https://myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho)

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

S-0001-42

© 2024, South Dakota Board of Regents