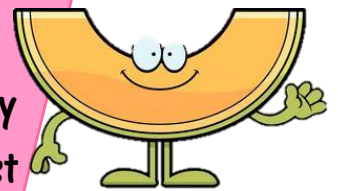


SNACKBite



Melon

- Cantaloupe is called rock melon in Australia.
- Tap on the cantaloupe and listen to the sound it makes. If the sound is dull and deep, it is an indication that the cantaloupe is ripe. If the sound is high and hollow, the fruit is probably not yet ripe
- The fruit's Vitamin C helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, and keeps our gums healthy.
- Melons are related to squash and cucumbers and are also grown on vines.
- The fruit is close to 90% water, this quench your thirst and keep you hydrated.
- The ancient Egyptians regarded the honeydew as sacred and it was only reserved for society's elite.
- Melons removed from the vine just before peak maturity have the best flavor. This is when they have the highest sugar content, and are very sweet.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.