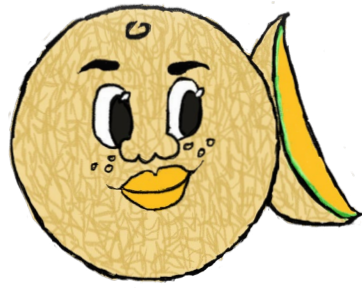




K-2nd Grade



July

..... HARVEST OF THE MONTH

CANTALOUPE

NC Standard Course of Study

NC Essential Standards

Science:

K.E.1 Understand change and observable patterns of weather that occur from day to day and throughout the year.

1.L.1 Understand the characteristics of various environments and behaviors of humans that enable plants and animals to survive

Materials needed:

- Cantaloupe to pass around
- Index Cards or construction paper
- Markers/crayons/colored pencils

Preparation before class

- Wash and slice/scoop cantaloupe

After class:

- Staple together the index cards to form quilt

Goal:

Students will share how they celebrate summer produce and learn about seasonality (how some fruits/vegetables are available locally at different times during the year).



Activity Length:

45-60 minutes ideal



Location:

Classroom

Cantaloupe Life Cycle

Question for the class:

How do our CANTALOUPE GROW? What does it need to grow?

Invite students to join in narrating or acting out the process:

Possible script: *It starts of as a tiny little SEED. If that plants gets SOIL + WATER, it will start to GERMINATE. It will send ROOTS down into the SOIL. Then it sends up its STEM toward the skyon VINES . It sends out its LEAVES to collect more sun. When it wants to make more plants, it will open up a FLOWER. Visitors like BEES & BUTTERFLIES (Pollinators!) (buzzzzzzz) will help the flower into a FRUIT! Inside the fruit SEED, which can make a new plant!*

Optional warm-up songs:

Roots, Stems, Leaves by the Banana Slug String Band

Sun, Soil, Water & Air by the Banana Slug String Band

Bonus: Have students act it by starting as a tiny little seed (ball on the floor), pressing their roots (feet) into the floor, stretching their stem (body) , opening leaves (arms), growing a flower (hands), and forming a cantaloupe (hands).

Supply Chain

Question for the class:

WHERE do CANTALOUPE GROW?



They grow on a farm or they can grow in a garden (do we have them in our garden?)

Where can we get or buy CANTALOUPE?



We can buy them at the grocery store, farmer's market, or we can eat them at the cafeteria.

HOW did the CANTALOUPE get from the farm to our plate?
WHO helps?

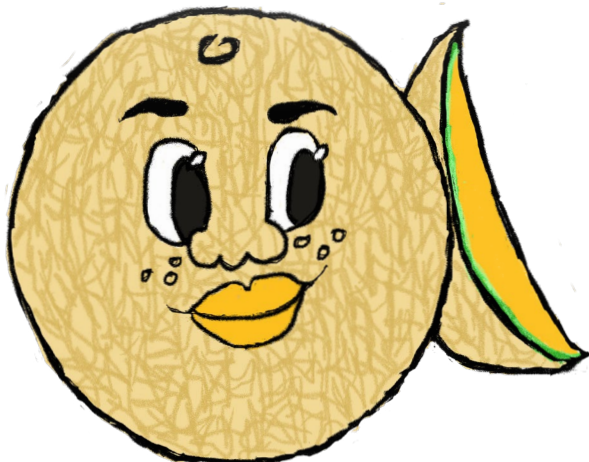


Harvest: The farmer had to harvest (pick) them.

Transport: A driver had to drive them from farm to market.

Prepare: Someone (a chef or a family member) had to wash and slice it.

Eat: And finally... after all that... YOU get to eat it!



Harvest of the Month Moment!



Before diving into the lesson, introduce the featured produce!

If space, gather in a circle or around the poster. Feel free to use this space to share your own experiences with the harvest and celebrate what students know.

The Harvest of the Month for JULY is CANTALOUPE!

- *Cantaloupe are rich in Vitamin A and C, which help keep us healthy.*
- *Cantaloupe love the heat of summer. They have a special place in Warren County history—we'll discuss in our lesson today!*
- *From seed to fruit, it takes about 90 days (or three months) for cantaloupes to grow.*
- *They need lots of growing space. Plant almost three feet apart. Stretch arms to demonstrate.*

Ask students to find the harvest on the What's Growing On? Poster. If available, pass around the harvest and invite students to share observations (How does it feel, look, smell, sound? Does it remind you of another harvest we've done this year?).

Consider asking some warm-up questions for students:

- *Have you tried cantaloupe? When did you try them?*
- *How does your family like to prepare cantaloupe?*
- *Do you have anything that you know about this harvest that you'd like to share?*

What's Growing On?



1. Introduction (5 minutes)

- Invite students to share their favorite summer fruit or vegetable.
- There are a lot of ways to celebrate summer! Here in Warren County, every July there is the Ridgeway Cantaloupe Festival. Cantaloupe has rich history in North Carolina. Cantaloupe is sweet, healthy treat with vitamins A & C.

2. Seasonality

Discussion:

- What is a season?
- What is weather? Is there a difference?
- What is weather usually like in the summer here?
- Do different things grow at different times during the year?

Definitions:

- **Weather** changes from day to day (temperature, precipitation (rain/ now), wind)
- **Seasons** are periods of the year defined by weather patterns and
- Display What's In Season Poster or bring up on projector: <http://www.ncagr.gov/markets/chart.htm>
- Ask students to find their favorite fruit or vegetable on the poster. Does it grow in the summer? If not, identify one that does.



3. Sort by Season (5 minutes)

- Using the poster as a reference, sort different fruits and vegetable cards by season

Math connection:

Which season has the most produce available?

- Add up how many fruits & vegetables grow in each season (spring, summer, fall, winter). Students can practice creating tally marks
- Create a bar graph or chart on the board based on the number of items available during each season

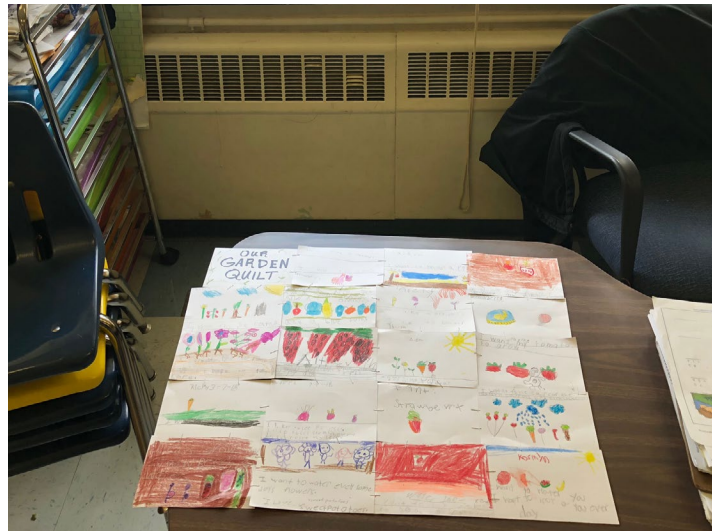
4. Summer Garden Quilt

(5 minutes)

The garden quilt is a collaborative class art project that can be hung on the wall in the classroom or placed near the garden. It offers students the opportunity to share what they like to eat during the summer and what they might notice in the garden:

Students will decorate and depending on age write about their favorite summer harvests.

- Share posters for the cantaloupe festival and invite students to draw inspiration as they draw their own patch for the Fresh Garden Quilt
- Pass out index cards or construction paper
- Ask students to draw their summer favorite fruit and invite them to add themselves eating it or a representations of their families/an event involving that fruit. Example: eating peaches at a picnic, watermelon at a party, etc.
- ELA Extension (for 1st and 2nd grade): Prompt students to write a caption for their drawing. Examples:
 - "My favorite summer fruit is _____"
 - "I like to see _____ growing in the garden"
 - "_____ likes to grow in the summer"



5. Wrap-up & Reflection

Invite students to share what they've learned:

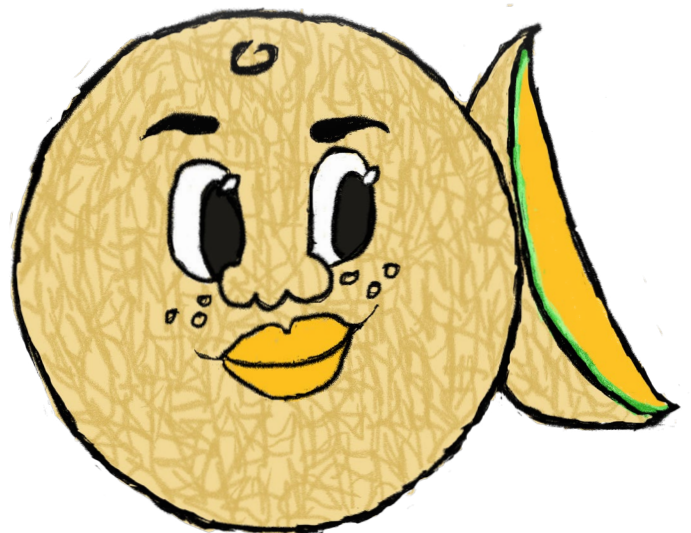
Possible Reflection Questions:

- *What is a season?*
- *What is the difference between weather and season?*
- *What fruits and vegetables are available during the summer in NC?*

After class or as students finish their "quilt squares," staple or tape them together to form a quilt to hang on the wall.

Cantaloupe Snack extension:

- Have students wash hands
- Student volunteers pass out cantaloupe balls or slices



January

February

March

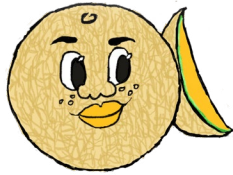
April

May

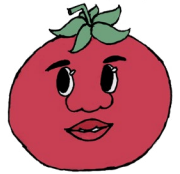
June



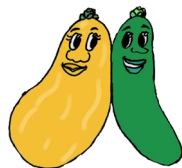
July



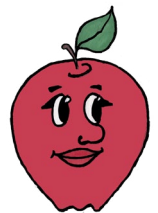
August



September



October



November



December

