

ALL ABOUT MELONS

Eat Your Vitamins and Minerals

Vitamins and minerals help you grow and stay healthy. Guide each vitamin or mineral (on the left) through the mazes to find out which jobs they do (on the right). (answers below)

1. Iron

2. Vitamin C

3. Vitamin A

4. Potassium

5. Calcium

A. I help to form bones, fight infections and heal wounds.
I am _____.

B. I carry oxygen in the blood to all your body's parts.
I am _____.

C. I help you to see better, especially at night.
I am _____.

D. I build strong bones and teeth and help your muscles work.
I am _____.

E. I help your heart beat and muscles move.
I am _____.

1. B; 2. A; 3. C; 4. E; 5. D
Adapted from: University of Nevada Cooperative Extension, 2005.



Eat the Rainbow!

Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Melon can be in the yellow/orange, green and red color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
 - Cantaloupe, casaba melon, sugar melon, piel de sapo melon, mango, carrots, corn, and yellow peppers.
- Red fruits and vegetables help maintain a healthy heart and memory function. Examples are:
 - Watermelon, strawberries, raspberries, cherries, rhubarb, tomatoes, radishes and beets.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Honeydew melon, Crenshaw melon, Chinese bitter melon, horned melon, green grapes, spinach, broccoli and zucchini.

Nutrition Facts	
Serving Size: 1/2 cup cantaloupe, cubed (80g)	
Calories 27	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%
Source: www.nutritiondata.com	

Recommended Daily Amounts of Fruits and Vegetables*

Children, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups for your age.

To learn more, visit www.mypyramid.gov/kids.

