

Cantaloupe



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- Cantaloupe has a “net-like” tan skin on the outside and firm, orange, juicy sweet flesh on the inside. What does yours taste like?
 - They are in the same family as watermelon and honeydew.
 - They are 90% water!
 - Cantaloupe is good for you! It is high in vitamin C and is good for your eyes and heart.
 - In the spring and summer, most of the cantaloupe we eat comes from California and Arizona. In the fall and winter, it comes from other countries like Guatemala, Costa Rica, Honduras or Mexico.
 - Make sure to wash the outside of the cantaloupe well before cutting into it!



[Click here to see the Cantaloupe Song.](#)

OKCPS School Nutrition Services

