

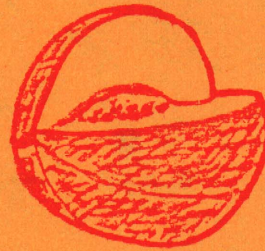


FOOD TIPS FOR MOMS & TOTS

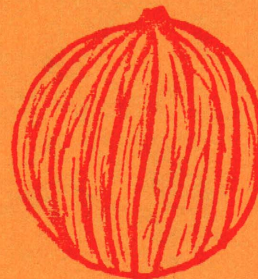
THE PLEASURES OF CANTALOUPE

MOTHER -

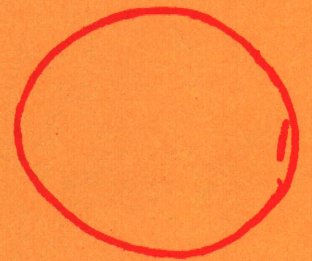
You probably heard cantaloupe called muskmelon, but really muskmelon also includes casaba and honeydew melons. Each of these melons are spherical, but the cantaloupe and casaba have a netted surface and orange flesh, whereas honeydew melon is smooth with a greenish-white flesh.



CANTALOUPE



CASABA



HONEYDEW

Cantaloupe has a large amount of vitamin A and vitamin C needed for growth, vision and repair of blood vessels.

Cantaloupe also has a large amount of water which is important for regulating many processes in the body, like your body temperature.

Unlike vegetables which change from sugar to starch when ripening, fruits like cantaloupe change from starch to sugar when ripening.

Extra cantaloupe can be frozen in balls or cubes and covered with a sirup.

Cantaloupe not only make a refreshing, tasty, low calorie dessert but it also can be used in salads, at breakfast and is especially good for snacks.

It can be sliced, cubed, halved, mixed with other fruits. When you scoop out the seeds, fill it with other fruits or whatever seems appropriate.

YOU AND YOUR CHILD

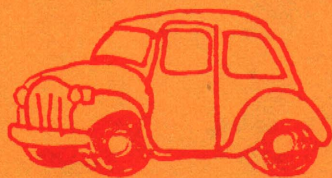
If you are making a fruit cup or fruit salad, let your child help scoop out the seeds and mix or arrange the fruit.

Help your children 'discover cantaloupe'. Ask your child if cantaloupe is sweet or sour, juicy or dry, orange or blue, firm or runny, chewy or crunchy.

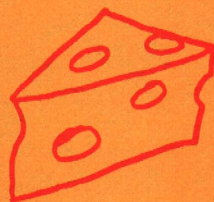
Have your child inspect the whole cantaloupe; show him the 'netting' and how it is green underneath the netting. Cut open the cantaloupe and have him inspect the inside; show him the seeds and have your child scoop out the seeds.

YOUR CHILD

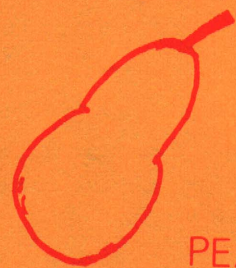
In this game, point to each object and name them for your child, then have your child name the objects. Next, have your child point to the things we eat. Have your child color all of the objects.



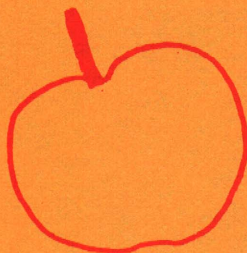
CAR



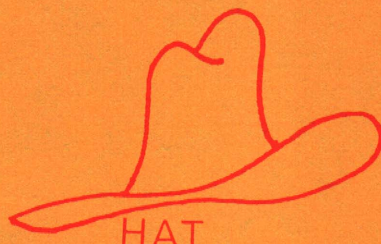
CHEESE



PEAR



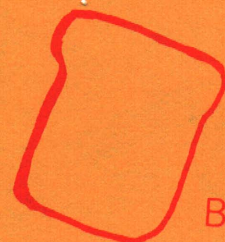
APPLE



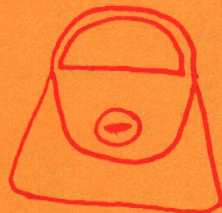
HAT



SHOE



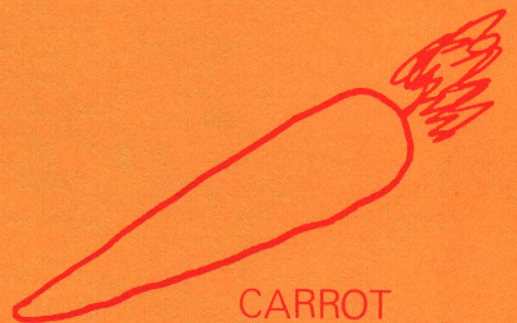
BREAD



PURSE



TURKEY



CARROT

