

HONEYDEW MELON CHUNKS



The Melon Family, Cucurbitaceae, is a plant family commonly known as melons, gourds or cucurbits Can you name foods that would fit in this family?

PRODUCE PARTICULARS

Honeydew melons are an excellent source of Vitamin C, an important nutrient for healthy skin and which supports wound healing.

Honeydew melon is about 90% water and contains electrolytes. This makes honeydew great for hydrating after a recess, when you feel sick, or if you're just trying to stay hydrated throughout your day.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	35
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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