

FRESHHEALTH.

HONEYDEW CHUNKS



PRODUCE PARTICULARS

- Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones, They also contain folate, potassium and magnesium.
- 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

TRY IT!

- 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?

Ex. Cantaloupe, cucumbers, squash, pumpkin