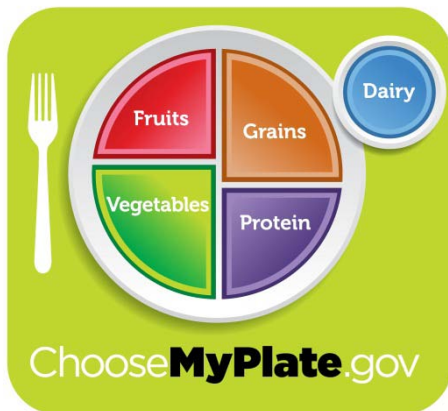
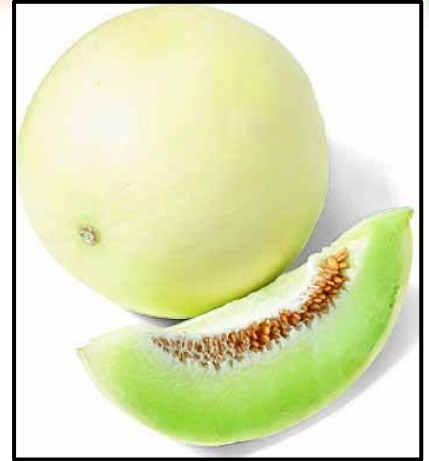


Honeydew Melon

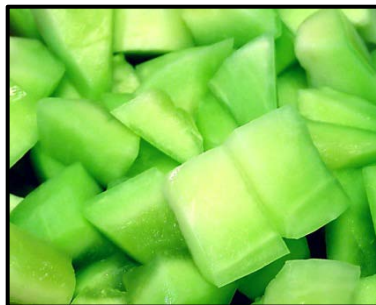
Today you will get to try honeydew melon. Honeydew melons grow on vines. They have a smooth skin, called the rind. Honeydew melons are ripe when the outside rind changes from yellow-green to creamy white. Inside a honeydew melon, you will find large seeds and a pale green flesh. Honeydew melons are juicy and delicious.



Fun Facts: Honeydew melons are the sweetest type of melon you can eat.

Body Benefits: Melons have Vitamins A and C to help you grow strong and stay healthy.

Honeydew melon belongs to the **red Fruits** section on *MyPlate*.



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