



TRY THE OCTOBER HARVEST OF THE MONTH!

Cantaloupe and watermelon are over 90% water, helping keep us hydrated.

Both are rich in vitamin C to help support a healthy immune system.



Cantaloupe is high in vitamin A for healthy vision, while watermelon contains lycopene, an antioxidant that supports heart health.

They provide potassium, which supports healthy muscles, nerves, and blood pressure.

WATERMELON & CANTALOUPE

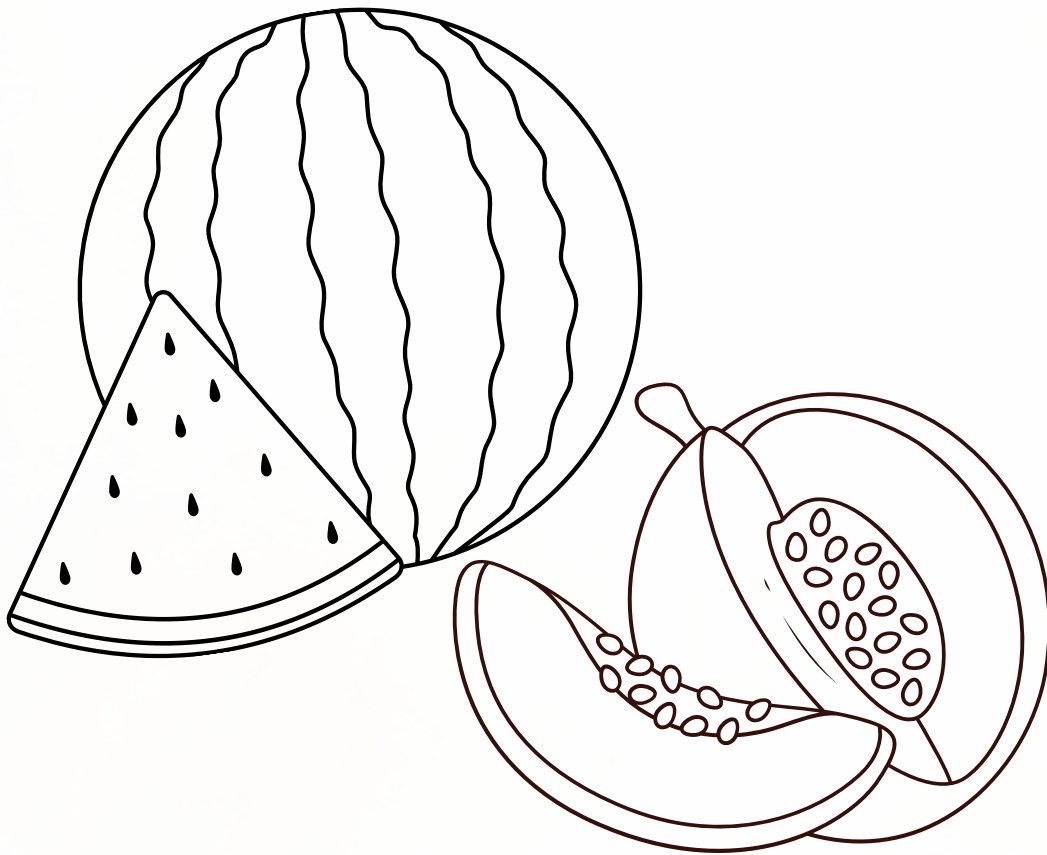


Coloring Activity



Name: _____

Watermelon & Cantaloupe

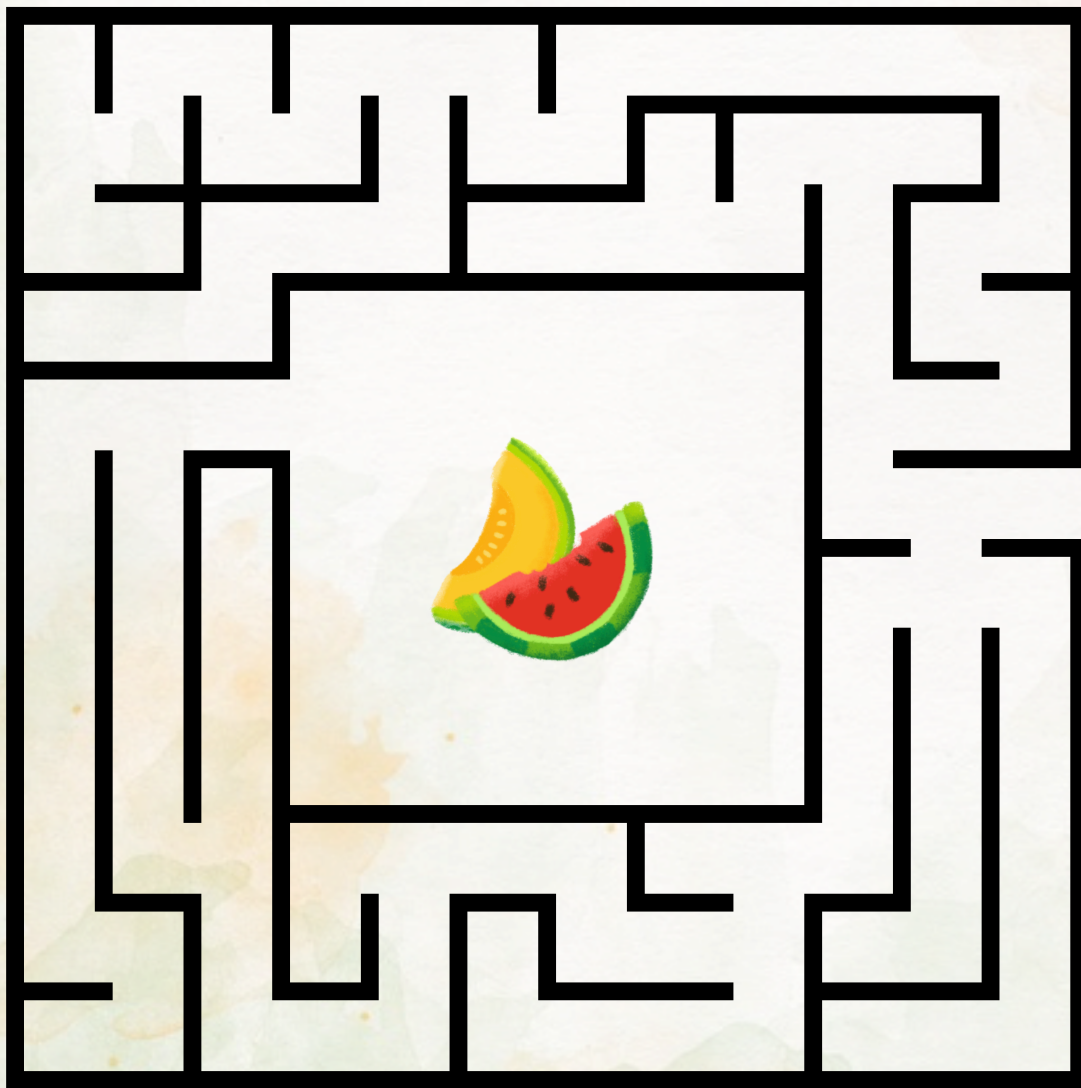


**Both fruits love to soak up the sun
and thrive best in warm, sunny
conditions.**



WATERMELON & CANTALOUPE

Find the way to the Watermelon & Cantaloupe.



Start
Here

Name: _____

Name: _____



OCTOBER HARVEST OF THE MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

T	O	P	I	N	A	B	R	A	D	W	N	Y	H	B	Y	A	A	X	U
T	I	U	R	F	H	G	J	K	O	A	U	O	H	S	H	O	P	G	S
Q	Q	X	R	X	G	E	W	B	Q	T	H	D	I	W	E	P	T	Z	C
U	W	K	Q	F	A	V	R	A	D	E	E	A	F	T	S	R	P	I	W
E	X	G	D	K	D	G	J	A	F	R	M	C	R	E	A	O	F	W	W
B	W	R	Q	S	F	Z	X	W	D	M	D	P	E	V	C	R	C	A	N
L	P	K	Y	N	W	T	U	N	V	E	G	D	Z	A	E	M	D	M	J
I	P	E	C	I	L	S	U	V	L	L	S	X	N	F	E	S	R	Y	O
V	W	O	P	M	O	O	O	G	S	O	P	T	S	W	E	E	T	J	H
Y	L	P	Z	A	R	W	U	N	L	N	A	A	P	M	G	R	C	U	T
I	K	I	E	T	Z	B	H	G	W	L	R	U	O	C	T	S	Y	I	F
K	P	I	J	I	I	K	C	H	O	K	W	F	C	G	U	X	Q	C	Z
W	R	Y	F	V	O	O	R	U	Z	T	A	Y	C	F	H	H	M	E	A
G	L	U	P	O	Y	F	P	T	X	K	O	Q	L	X	T	E	Q	E	G
D	B	O	H	J	B	E	R	J	P	H	S	B	M	Z	J	R	U	H	Y

- Watermelo
- Cantaloup
- Fruit
- Hydration

- Vitamins
- Round
- Sweet
- Harvest

- Juice
- Seeds
- Slice
- Fresh

Name: _____



OCTOBER HARVEST OF THE MONTH WORD SCRAMBLE

Instructions:

Unscramble the Watermelon & Cantaloupe Related Words!

Scrambled Word

Unscrambled Word

1. LTMWROEEAN

2. OTAANPLCELU

3. TIRUF

4. YDHRNATIO

5. ATIIMNSV

6. UDRON

7. ETWES

8. TESARVH

9. CEUJI

10. EDSSE

11. CLISE

12. SRHEF

ANSWER KEY

1. Watermelon
2. Cantaloupe
3. Fruit
4. Hydration
5. Vitamins
6. Round
7. Sweet
8. Harvest
9. Juice
10. Seeds
11. Slice
12. Fresh

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OCTOBER HARVEST OF THE MONTH FLASHCARDS AND RECIPE

HOM FLASHCARDS

**[CLICK HERE FOR WATERMELON
& CANTALOPUE FLASHCARDS](#)**

HOM RECIPE

**[CLICK HERE FOR
HOM COOKBOOK](#)**