

ENJOYING WATERMELON THROUGH STORY & OUR FIVE SENSES

Grades PreK-2 | 1 Class Period



OVERVIEW

In this lesson, students will consider the impact of media and stories on our eating choices. They will identify the parts of the body where we lose water, and explore watermelon using five senses.

ESSENTIAL QUESTIONS

- How do the stories we hear influence how we perceive new food?
- How do we get water from food?
- Why is water important for the human body?

MA STATE FRAMEWORKS

Nutrition and Balanced Eating [PK.1.NE]

5. Explain benefits of health-promoting eating choices and habits (e.g., staying hydrated, eating fruits and vegetables, eating nutrient-rich foods, limiting foods high in added sugar).
7. Recognize that media (e.g., cartoons, characters, advertisements, product placement) can impact nutrition decisions.

MATERIALS

- [The Watermelon Seed](#) by Greg Pisoli
- Enough small bowls or cups for the class
- Cubed watermelon (enough cubes for two per student)