SHOPPING LIST

Cantaloupe Smiles

- ◯ Cantaloupe
- ◯ Lime
- ◯ Grapes

CUT

CUT

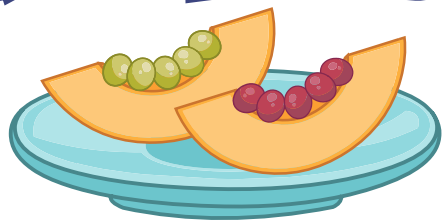
CUT

Professor Fizzy presents

PBS KIDS GO!

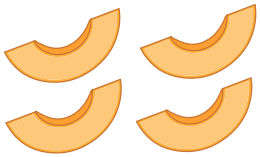
FIZZY'S LUNCH LAB

Cantaloupe Smiles



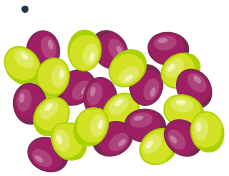
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED



½ cantaloupe, seeds removed and discarded, cut into 4 wedges

1 lime quarter

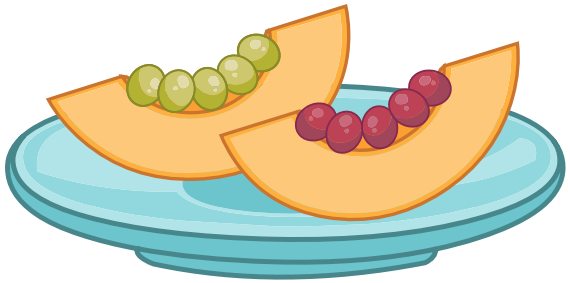


24 green grapes (or 12 green and 12 purple)

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the cantaloupe wedges on a plate. Squeeze the lime over top, and top each with 6 grapes. Serve.



Nutrition Facts

Serving Size 1 Smile (98g)
Servings Per Container

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A 45% • Vitamin C 45%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4