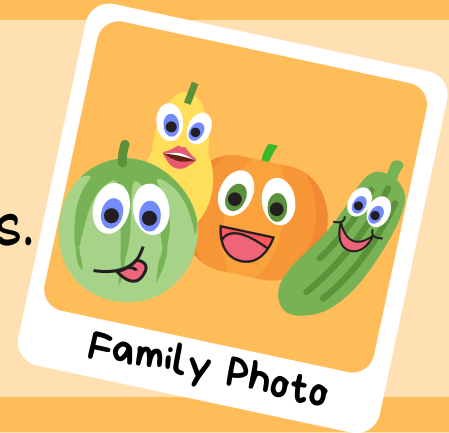


Cantaloupe

It is in the same family as melons, squash, cucumbers, and even pumpkins.



It has a lot of vitamin A, which can help your eyes and skin. It also has vitamin C, which can help your immune system fight off germs.

Freeze it and put it in a blender to make a healthy frozen dessert!

