

J. SLICE

Rescues his friends
from the clutches of

LAY Z!



Town Takeover Plan:
1. Make kids sick
2. Make kids tired
3. Take over Town

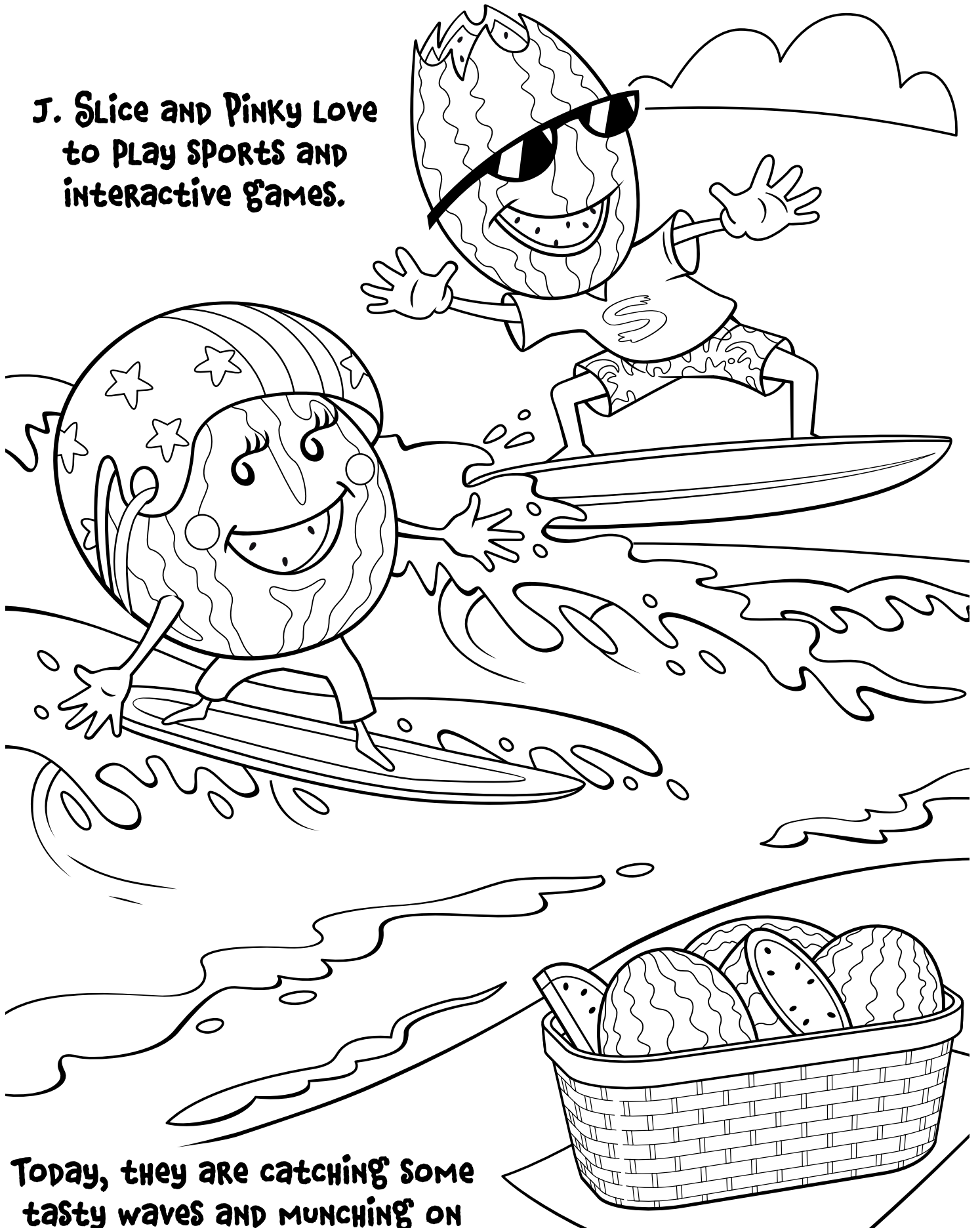


Healthy Kids
Coloring & Fun
Book!



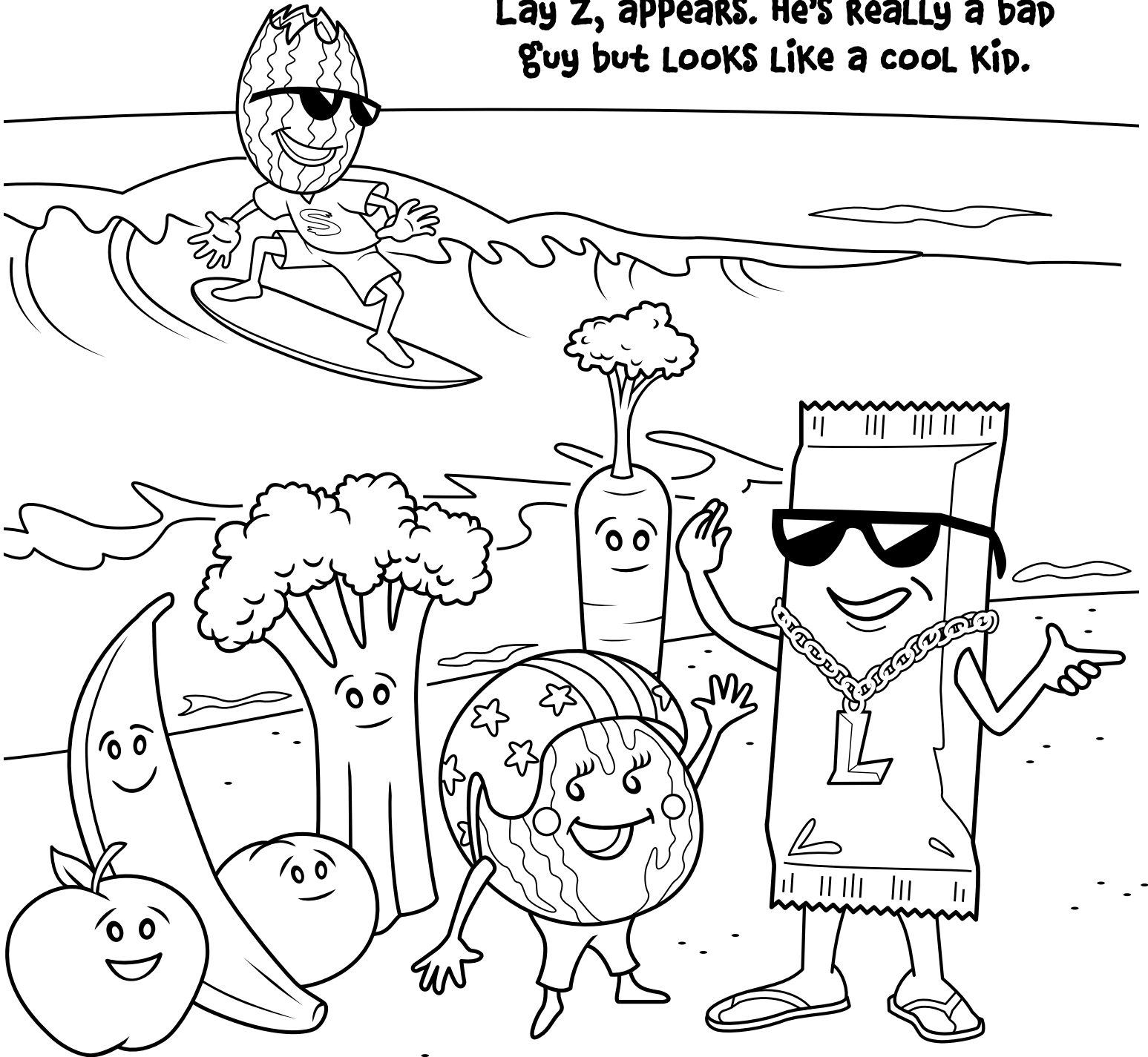
National
Watermelon
Promotion Board

**J. Slice and Pinky Love
to Play Sports and
interactive Games.**



**Today, they are catching some
tasty waves and munching on
healthy snacks.**

**SUDDENLY THE NEW KID IN TOWN,
Lay Z, APPEARS. HE'S REALLY A BAD
GUY BUT LOOKS LIKE A COOL KID.**



**HE INVITES PINKY AND HER FRIENDS TO COME OVER TO
HIS HOUSE FOR A SNACK.**

THINGS DON'T LOOK SO GOOD. PINKY AND HER FRIENDS ARE HANGING OUT ON LAY Z'S COUCH. THEY WATCH TV AND PLAY VIDEO GAMES ALL DAY, WHILE GULPING DOWN SALTY FOOD AND SUGARY DRINKS.



Town Takeover
Plan:
1. Make
kids
sick

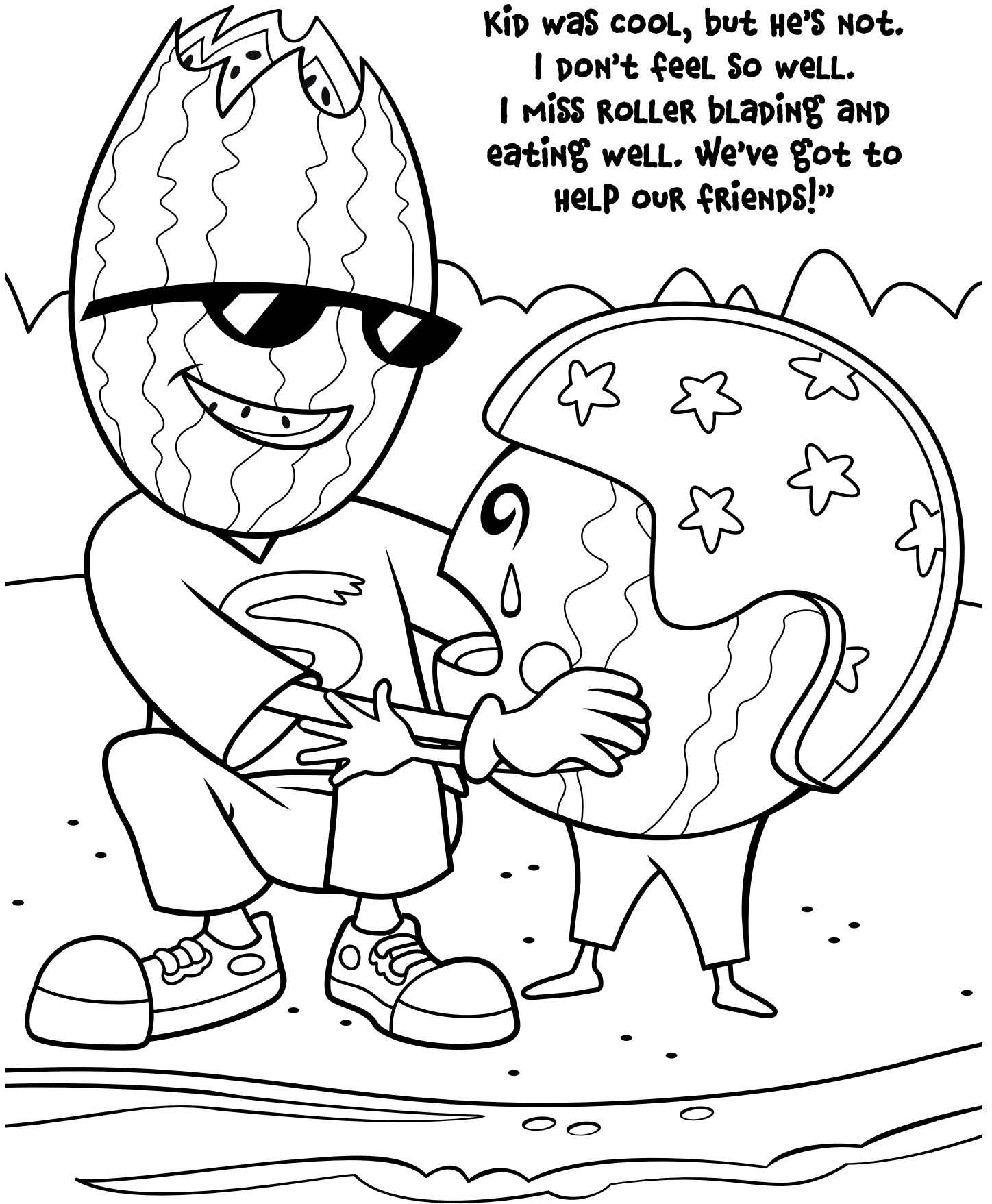


**Pinky overhears Lay Z's evil plan.
"I will make all the kids sick and
tired one by one until no one can stop
me! Then, I will take over the town!"**



J. SLICE KNOWS SOMETHING'S WRONG. HE SPIES PINKY OUTSIDE THE HOUSE AND ASKS, "WHERE HAVE YOU BEEN? YOU LOOK AWFUL."

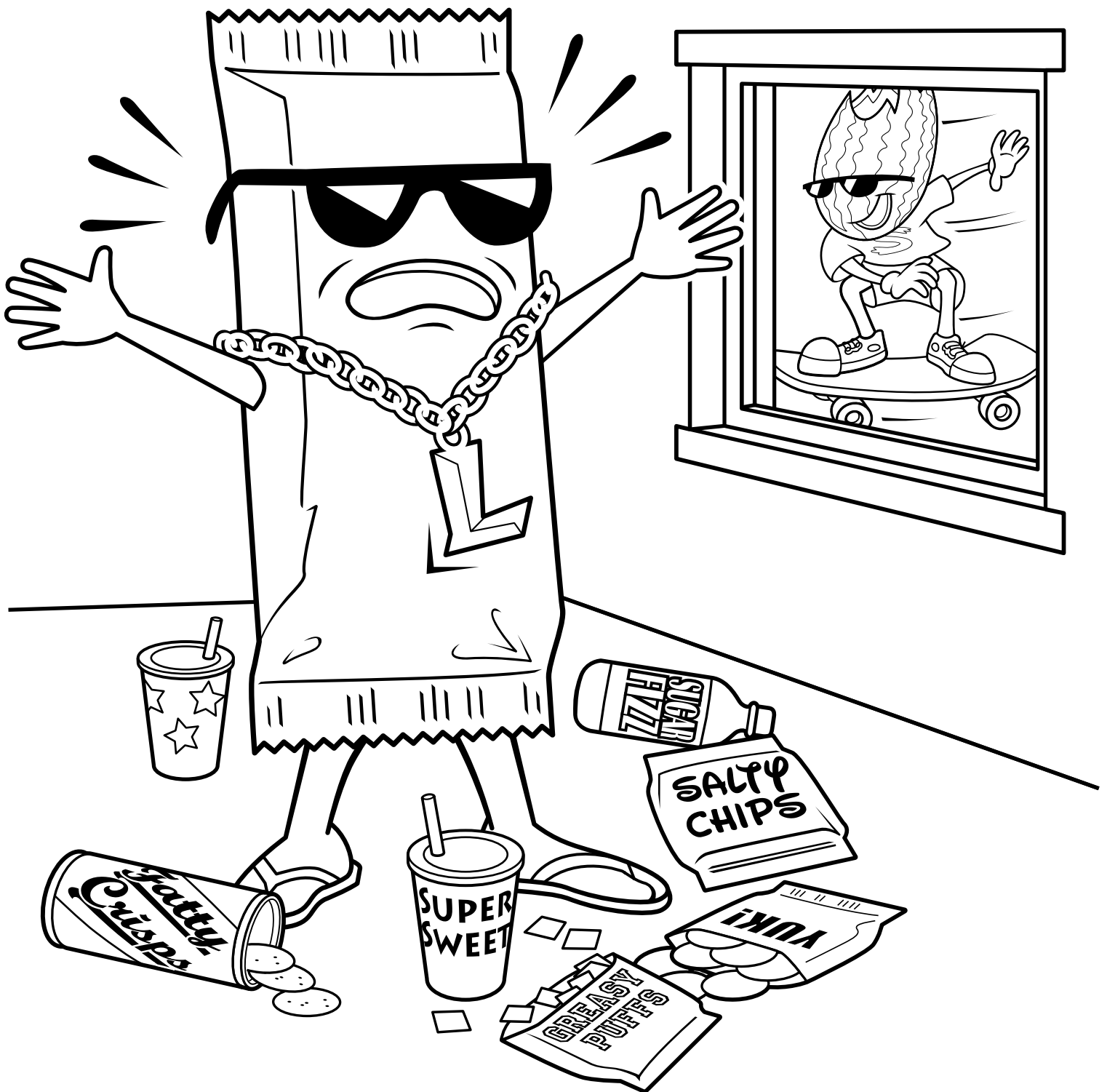
**PINKY SAYS, "I THOUGHT THE NEW
KID WAS COOL, BUT HE'S NOT.
I DON'T FEEL SO WELL.
I MISS ROLLER BLADING AND
EATING WELL. WE'VE GOT TO
HELP OUR FRIENDS!"**





J. SLICE SWOOPS PINKY UP, DICES UP SOME WATERMELON, AND SKATES OVER TO LAY Z'S. THEIR FRIENDS RUN OUT AND CHEER, "WE WANT TO PLAY AND EAT HEALTHY TOO!"

"No! Stay! J. SLICE is RUINING my PLAN," SHOUTS Lay Z.





Lay Z sees everyone having fun. "I want to have a good time too." He dashes out the door for some yummy watermelon snacks and skateboard lessons!



Don't forget
to color the part that
looks like ice cream red!
Because it's really
watermelon!

Watermelon and frosting with sprinkles on top!

Watermelon Cupcakes

8 cupcake liners

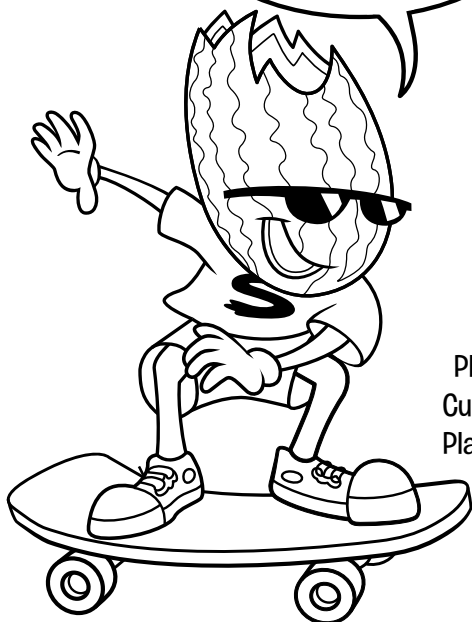
8 cupcake shaped pieces of seedless watermelon, (see below)

2 cups pineapple cream cheese frosting

Sprinkles for garnish

Place the liners in an 8-cup cupcake tin. Cut 3-inch thick slices of seedless watermelon. Cut round cupcake sized pieces from the slices. Put a watermelon 'cupcake' in each liner. Place a dollop of frosting on each cupcake. Decorate as desired with sprinkles. Serves 8.

Don't forget a 2-cup serving of watermelon has lots of vitamins A, B6 and C.



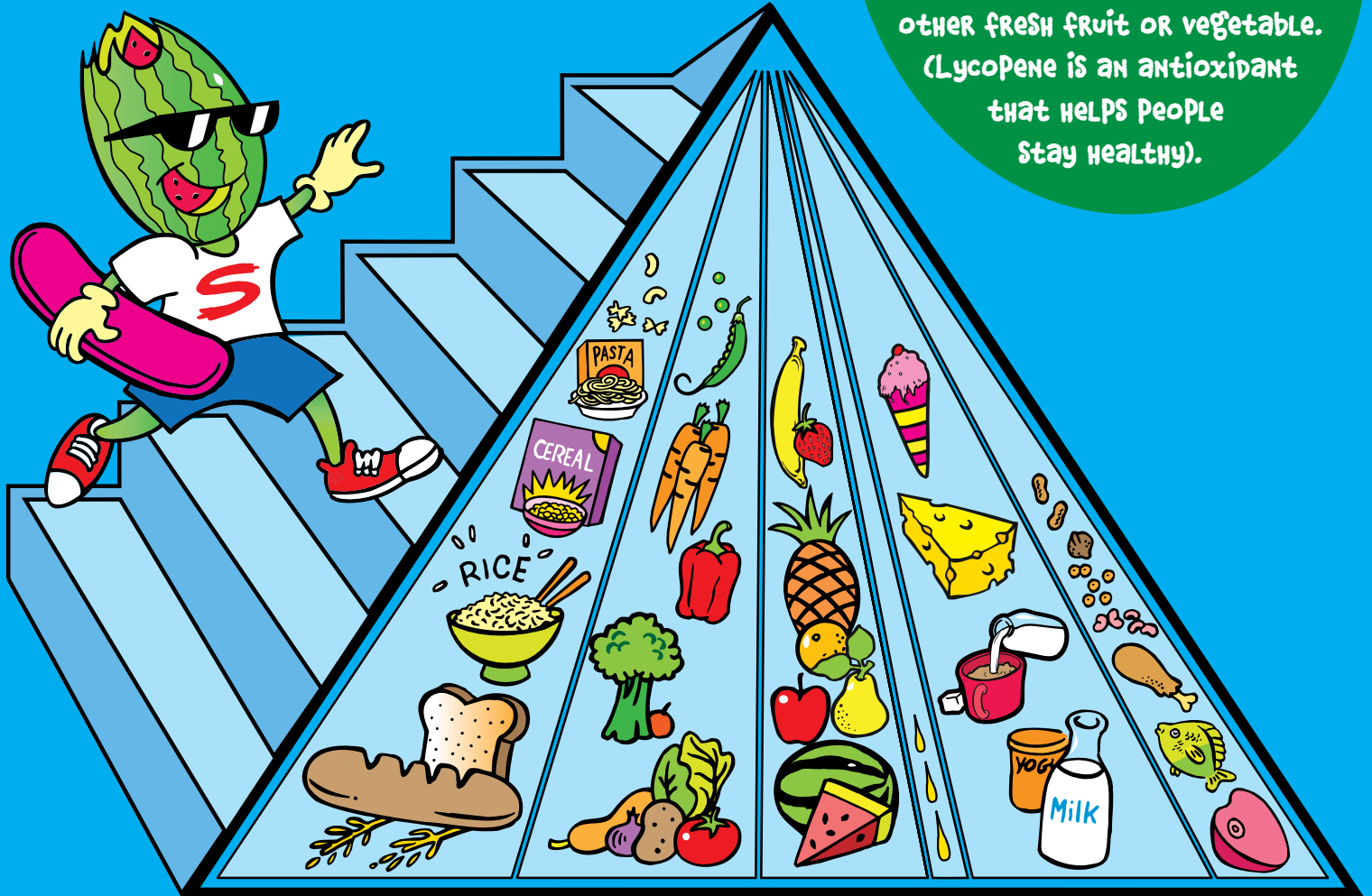
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Eat Right. Exercise. Have Fun.
MyPyramid.gov



W is for Watermelon.

It is Sweet, Juicy and Healthy.

It is 92% water.

A 2-cup serving of watermelon only has 92 calories. It has lots of vitamin A, B6 and C.

It has more lycopene than any other fresh fruit or vegetable.

(Lycopene is an antioxidant that helps people stay healthy).

<p>GRAINS Make half your grains whole</p>	<p>VEGETABLES Vary your veggies</p>	<p>FRUITS Focus on fruits</p>	<p>MILK Get your calcium-rich foods</p>	<p>MEATS & BEANS Go lean with protein</p>
<p>OILS Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p>				



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