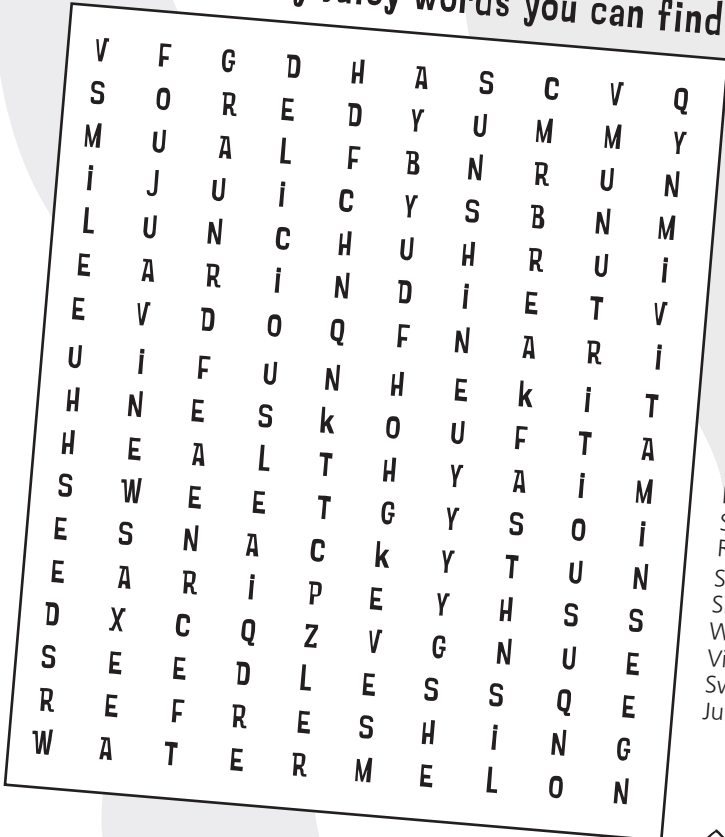


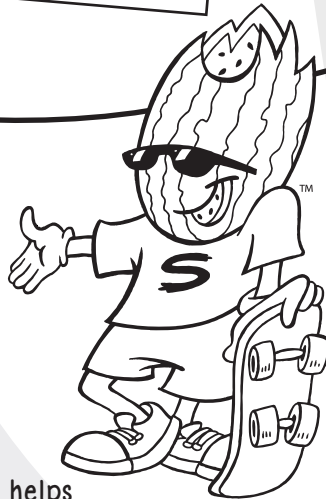
See how many juicy words you can find!



Delicious
Red
Fun
Seeds
Rind
Nutritious
Ripe
Vitamins
Yummy
Breakfast
Seedless
Healthy
Smile
Refreshing
Sunshine
Snack
Watermelon
Vine
Sweet
Juicy

J. Slice Advice

- Healthy food makes you feel good and gives you energy.
- Pack your plate with fruit and vegetables of all colors – the different colors have different vitamins and minerals.
- Watermelon is 92% water so it helps give your body the fluids it needs.
- A 2-cup serving of watermelon is an excellent source of vitamins A and C.
- Don't eat alone if you can help it – sometimes that can cause you to eat too much.
- Get moving! Playing sports or even just walking actually gives you more energy.
- Fruit and veggies can be eaten at any time. Eat a slice of watermelon with your meal – don't wait until dessert.



Watermelon for Breakfast!

Watermelon Breakfast a Go Go

A Great Start at Home or on the Go

In a "to go" cup or plastic glass, layer the following:

- Bottom: low-fat granola
- Next: small chunks of watermelon
- Next: banana yogurt
- Next: low-fat granola
- Next: small chunks of watermelon
- Next: banana yogurt
- Top with: A slice of banana, toasted almonds or coconut, small chunks of watermelon or a strawberry.



Word Scramble

Unscramble the letters to form watermelon-related words.

ESTEW _____

NGFSERRHEI _____

NEVI _____

MMYYU _____

ISEML _____

ARBEATSKF _____

HEUNSSIN _____

NFU _____

ODGO OFR UYO

J EICLS _____

