

Eat and Play the Watermelon Way!

Eat for Energy

Go grocery shopping with your family. Choose vitamin-packed foods for dinner. Then help your parents make a meal to eat together!

Great Whole Grains

Try oatmeal, whole-wheat bread, brown rice, and popcorn.



Pinky

Watermelon and chicken in a whole grain wrap is yummy!

Watermelon has vitamins A, B6, and C. Plus, it contains lycopene which makes watermelon red!



Slice

Fruits and Veggies Forever

Pick lots of different colors! Eat with meals, as snacks, and even as desserts.



Patch

Watermelon is a fruit AND a vegetable! Try watermelon, turkey breast, and cheddar cheese cubes for lunch.

A Very Dairy Day

Enjoy low-fat or fat-free milk, yogurt, or cheese throughout the day.

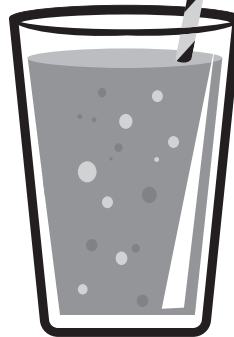
Slow the Sugar

Choose food and drinks that aren't packed with lots of added sugar.



Reach for watermelon when you want a treat. Sweet and nutritious!

Smoothie Time! With an adult, combine watermelon chunks, your favorite fruit, yogurt, and ice in a blender.

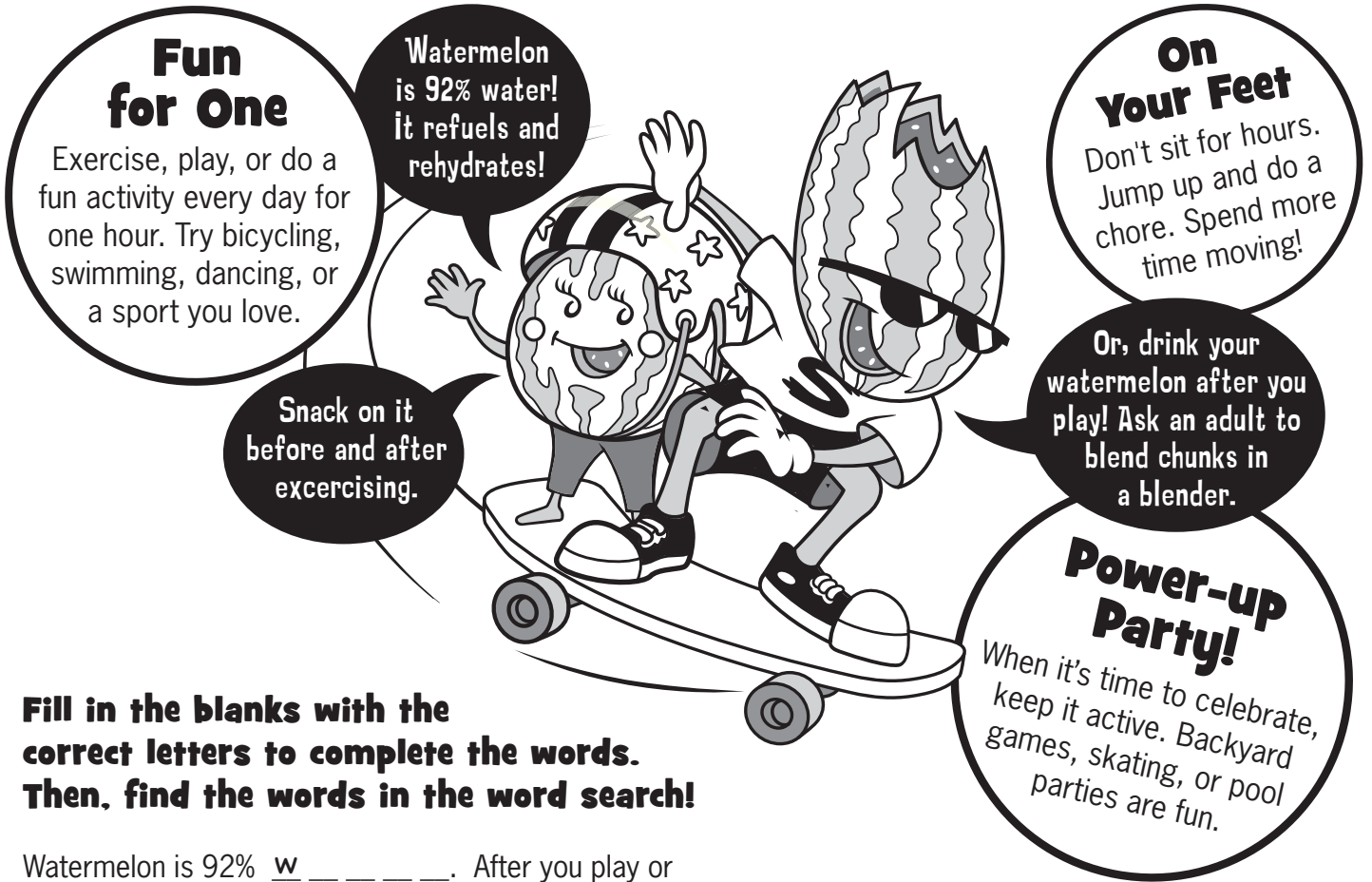


watermelon.org



Move for Strength

Be active with your family and friends. Invite them to walk, kick a ball, or ride bikes.



Fun for One

Exercise, play, or do a fun activity every day for one hour. Try bicycling, swimming, dancing, or a sport you love.

Watermelon is 92% water! It refuels and rehydrates!

On Your Feet

Don't sit for hours. Jump up and do a chore. Spend more time moving!

Snack on it before and after exercising.

Or, drink your watermelon after you play! Ask an adult to blend chunks in a blender.

Power-up Party!

When it's time to celebrate, keep it active. Backyard games, skating, or pool parties are fun.

Fill in the blanks with the correct letters to complete the words. Then, find the words in the word search!

Watermelon is 92% w _____. After you play or exercise, it's good to drink water.

Watermelon r e _____ and r e _____.

Watermelon is sweet and n u _____.

A, B6, and C are found in watermelon. They are v _____.

Watermelon is both a f _____ and a v e _____.

L _____ makes watermelon red!

Watermelon chunks, fruit, and yogurt in a blender make a great s _____.

You can eat and d _____ watermelon!

BRFTUXWLEPOEODVELBN
 UQFSAECDLJSWQEXROJT
 ETRNPMBAEOSASCEYUPK
 DYUOXRARARTUBTSNBDAIH
 ZAIREHYDRATESLATZQF
 FOTCBABCJQLRXFNEEAR
 EKRETSTUNUOECKULMVK
 KPUPWDRKETSMOOTHIEV
 HYLYCOPENEAUZLRGPSE
 GANPIDAJUKSPGMIJSBG
 FKRKCWERABTBXVTFUE
 EOROAPVCSLHYCWIHEQT
 DAVITAMINSGJSEOZXMA
 CENEJTXWFOHNTQUHEKB
 BREFUELSXHGSKJSAZGL
 AERQFWPMOATGEDRINKE

