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.

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!

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

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.

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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!

Snack on it before and after exercising.

On Your Feet
Don’t sit for hours. Jump up and do a chore. Spend more time moving!

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.

Watermelon is 92% __ __ __ __. After you play or exercise, it’s good to drink water.

Watermelon __ e __ __ __ and __ e __ __ __ __ __ __ __ __ __ .

Watermelon is sweet and __ u __ __ __ __ __ __ __ __ __ __ .

A, B6, and C are found in watermelon. They are __ __ __ __ __ __ __ __ __ __ .

Watermelon is both a __ __ __ __ and a __ e __ __ __ __ __ __ __ .

L __ __ __ __ __ __ makes watermelon red!

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

You can eat and __ __ __ __ __ watermelon!

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

Watermelon is 92% __ __ __ __. After you play or exercise, it’s good to drink water.

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watermelon.org