

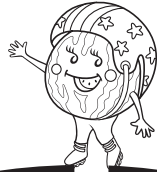
Watermelon. Healthy and Delicious. Everyday.

J. SLICE FUN PAGE!



Fun Activities From The National Watermelon Promotion Board

**WATERMELON IS
A-MAZE-ING!**



Finish



Start



**KICK OFF YOUR DAY WITH A
GOOD-FOR-YOU BREAKFAST!**

Try some fruit with low fat yogurt. Make a smoothie with watermelon cubes, a banana, and some crushed ice. Yum!

Every row, column, and mini-grid must contain the numbers 1 through 4.

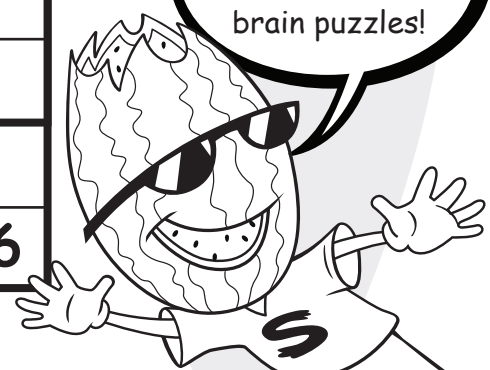
		2	
	4		
		3	
	1		

Now, try with numbers 1 through 6.

2	1			4	3
		6	2		
		3	4		
3	4			5	6

Eat lots of fruits & vegetables and get moving!

Exercise your mental muscle with these brain puzzles!



A Juicy Code

Fill in the blanks to complete the words in the sentences. Use the hints. Then write the letter above each number in the blanks below.

Watermelon Oat Crumble

- 2 cups rolled or quick cook oats
- $\frac{1}{2}$ cup light brown sugar
- $\frac{1}{8}$ cup honey
- 1 teaspoon cinnamon
- 1 cup chopped pecans
- 6 cups watermelon balls

Toss the oats, sugar, honey, cinnamon and pecans until mixed well. Spread into an even layer on a parchment paper-lined cookie sheet. Bake in pre-heated 300 degree oven until golden brown. Turn off oven leaving the tray in for an additional 10-15 minutes. Remove and cool. Break into crumbles. Arrange the watermelon balls in 6 to 8 small bowls or wide stemmed glasses and top with the oat crumble. Makes 6 to 8 servings.

J. Slice $\frac{\quad}{1} \frac{\quad}{4}$ v e $\frac{\quad}{2}$ the taste of watermelon.

Pinky thinks watermelon is $\frac{\quad}{2}$ u m $\frac{\quad}{2}$. tasty

They enjoy $\frac{\quad}{3} \frac{\quad}{3} \frac{\quad}{3}$ slices of watermelon after they go rollerblading. Opposite of hot

J. Slice always $\frac{\quad}{5}$ k $\frac{\quad}{5}$ his plate with lots of fruits and vegetables. your suitcase

Pinky $\frac{\quad}{6}$ s all her meals with family and f $\frac{\quad}{7}$ $\frac{\quad}{7}$.

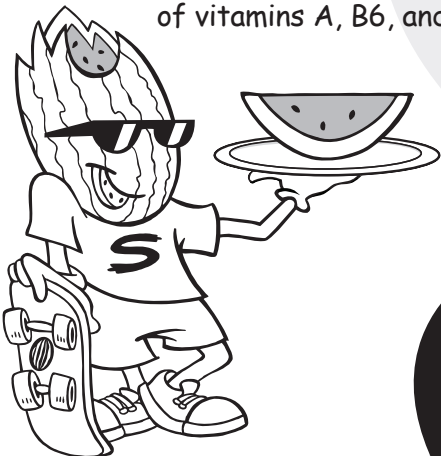
$\frac{\quad}{1} \frac{\quad}{2} \frac{\quad}{3} \frac{\quad}{4} \frac{\quad}{5} \frac{\quad}{6} \frac{\quad}{7} \frac{\quad}{6}$ is a big word for what gives watermelon its red color. It's good for your body too!

J. Slice Healthy Corner

Eat a rainbow of fruits and vegetables each day - red, yellow, orange, green, and blue.

Drink plenty of water and munch on watermelon after exercising or playing. Watermelon is 92% water!

Snack on watermelon instead of salty or sugary food. It's naturally sweet and full of vitamins A, B6, and C.



Watermelon Word Search

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O V E S U
L I N E N
I O M E E
O L B D W
S R E T A
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Look for 5 "watermelon growing" words. Each word has 3 or more letters. To find a word, start with a letter and move left, right, up, down, and diagonally. You can even turn corners.

List the words you find here.



National
Watermelon
Promotion Board

More fun and facts at:
www.watermelon.org