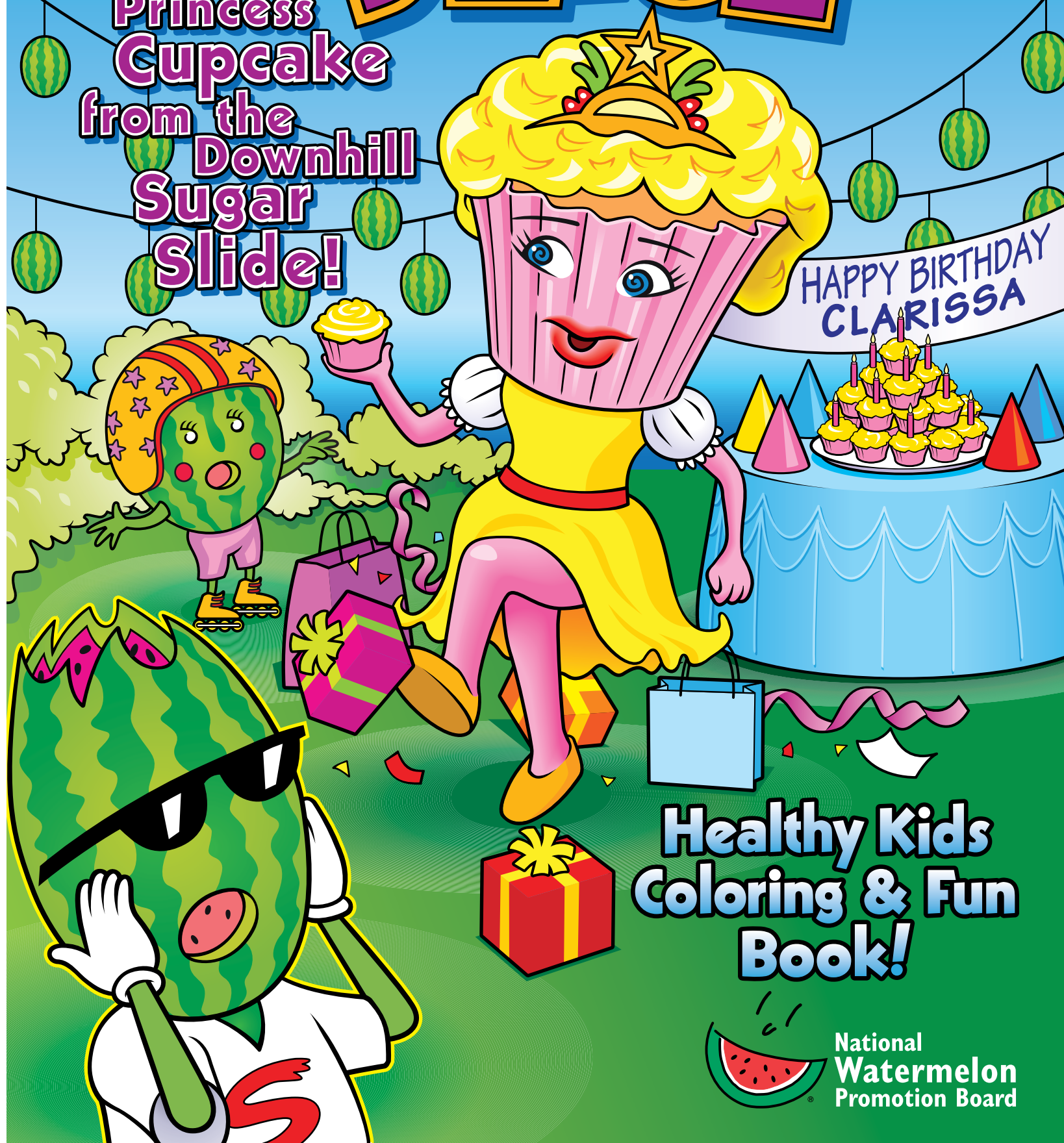


J. SLICE

Saves
Princess
Cupcake
from the
Downhill
Sugar
Slide!



Healthy Kids
Coloring & Fun
Book!



National
Watermelon
Promotion Board

J. Slice and Pinky like to play sports with their friends. Every Thursday they skate with their friend Clarissa.



Saturday

J. Slice, Pinky and all their friends celebrate Clarissa's birthday. They play lots of games together. Clarissa blows out her candles and everyone gets a cupcake.



*Remember Pinky, just eat one cupcake.
We need to eat lots of
fruits and vegetables.
We can have dessert
every now and then.*



*I will J. Slice.
I like being healthy.
Just like mom says -
you are what you eat!*



Oh no, there's trouble!



J. Slice, J. Slice, come here
and make it fast!
Clarissa is eating way too many cupcakes!

HAPPY BIRTHDAY
CLARISSA

Oh no!
Where
is she
Pinky?

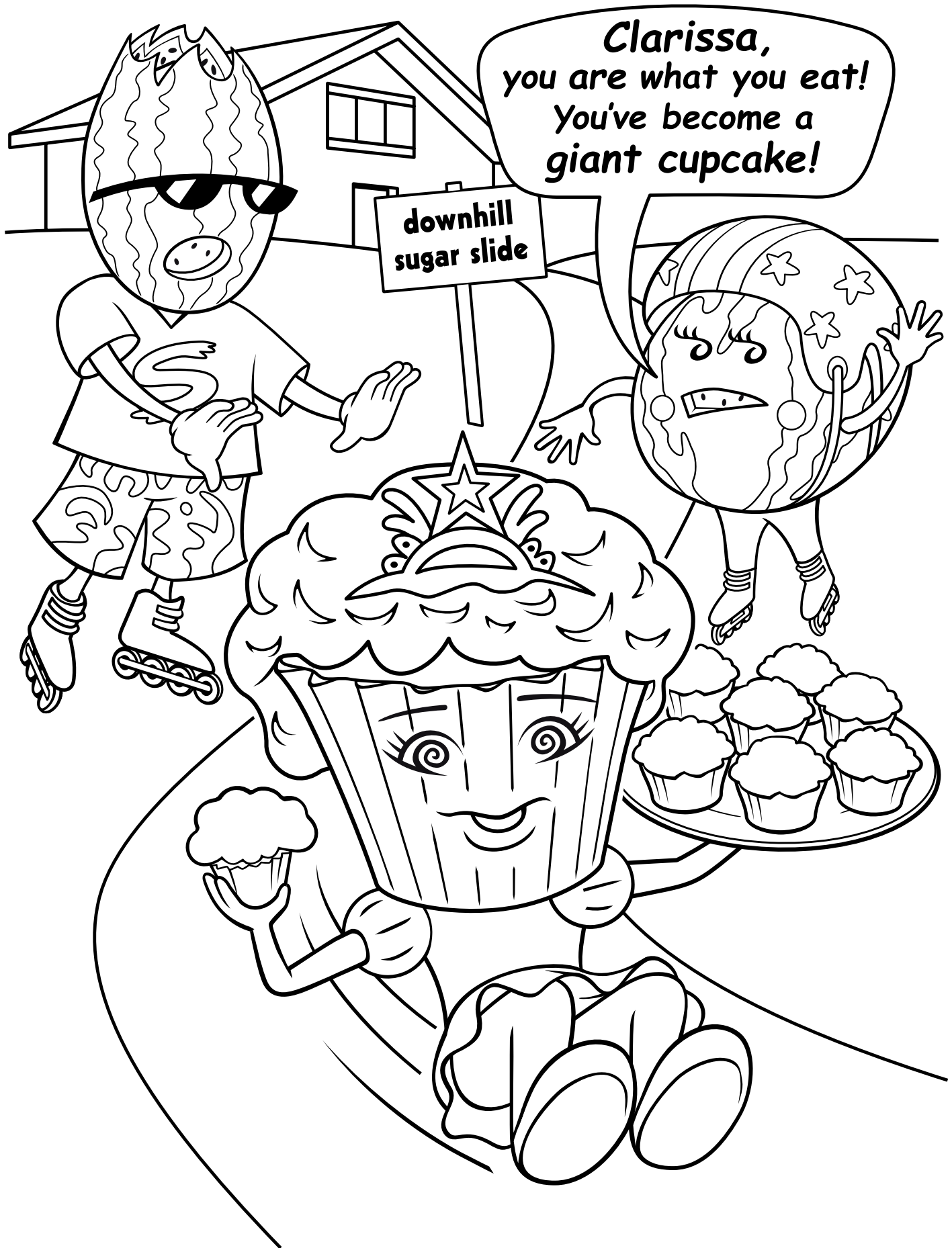


It's too late for Clarissa.
She's becoming a **Super Sugar Villain!**



I'm Princess Cupcake!

Come here friends
and have more cupcakes
with me!



Stop this Clarissa.
You're not Princess Cupcake!
You've had too much sugar!

Here,
have a cupcake!



Sunday

J. Slice and Pinky

saved Clarissa from a life full of sugar.

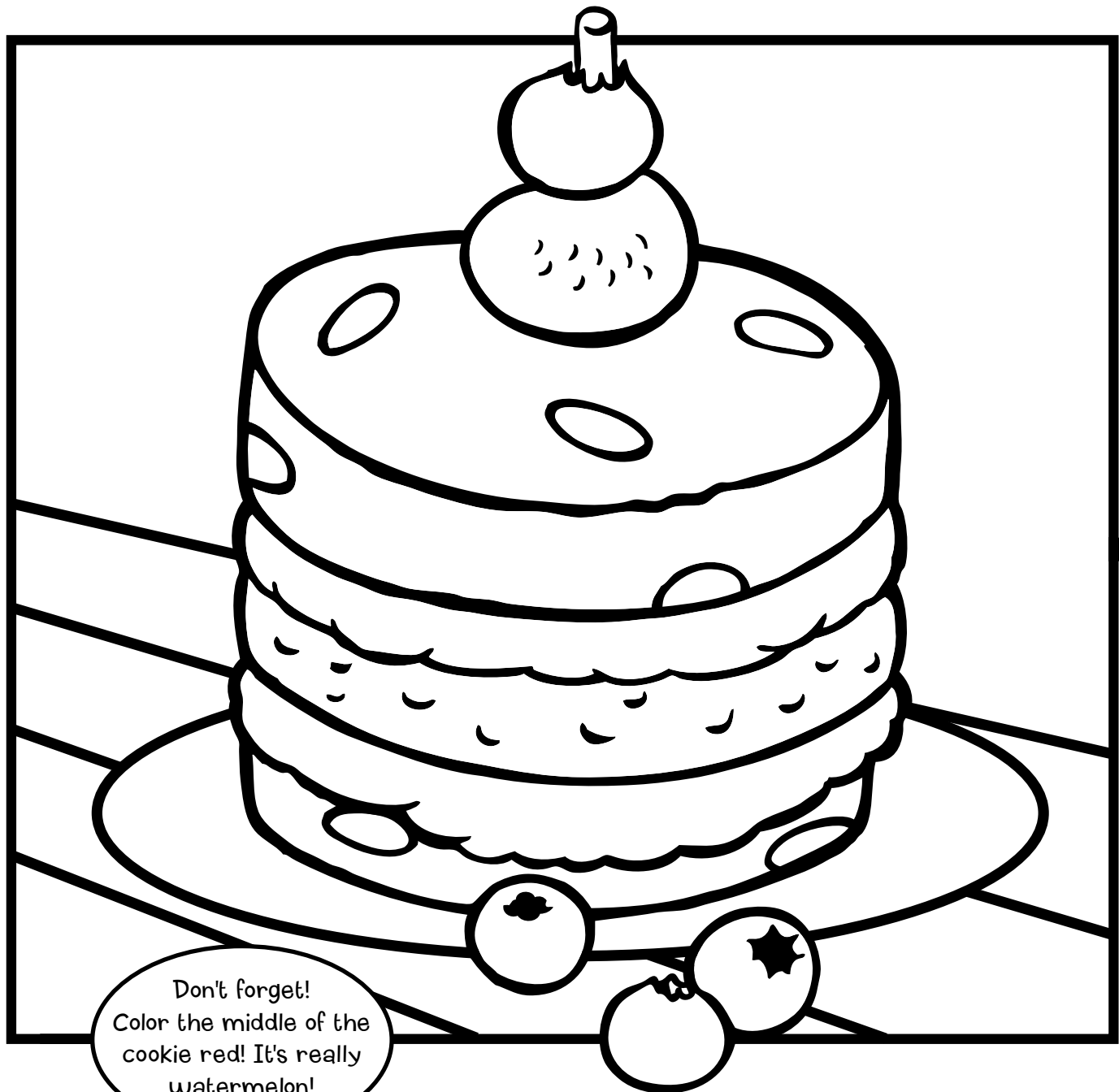
She now enjoys vitamin-packed snacks.

Thanks J. Slice and Pinky.
From now on, I'll eat healthy
food everyday.

I'll only eat a dessert
every once in a while.



Watermelon
is sweet
AND packed
with vitamins.
It's the
perfect treat
you can enjoy
everyday!



Don't forget!
Color the middle of the
cookie red! It's really
watermelon!

Too Good for a Cookie Jar!

Watermelon Sandwich Cookies

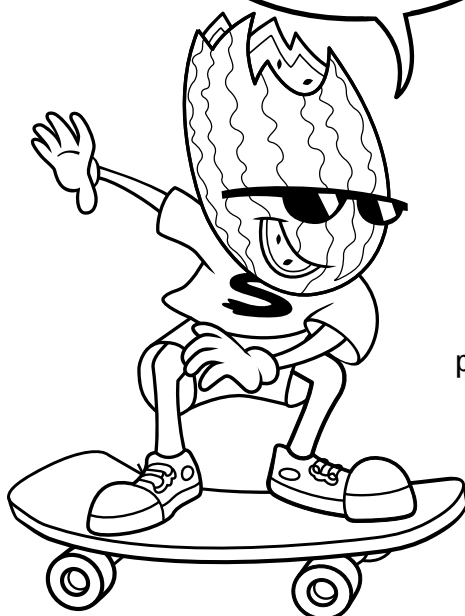
12 blueberry pancakes (3 inch round), cooled to room temperature

1/2 cup white frosting

6 slices 2/3 inch thick and 3 inches round, seedless watermelon slices,
drained to remove excess moisture

Evenly frost the bottoms of each pancake with the white frosting. Arrange six of the pancakes, frosting side up on a serving platter. Place a slice of watermelon on each of the frosted pancakes on the platter. Top each with the remaining pancakes, frosting side down. Serve immediately or cover and refrigerate until ready to serve.

Remember, a 2-cup serving of watermelon has lots of vitamins A and C.



watermelon.org

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W is for Watermelon.

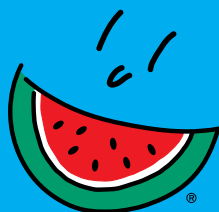
You can't spell watermelon
without water!

**It is
92%
H₂O!**

**Watermelon and other
fruits filled with vitamin A
can help you see better.**

**Watermelon
contains vitamin C.
Fruits packed with vitamin C
can help you heal faster.**

**Fuel up on
vitamin-packed
food! You are
what you eat!**



**National
Watermelon
Promotion Board**

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