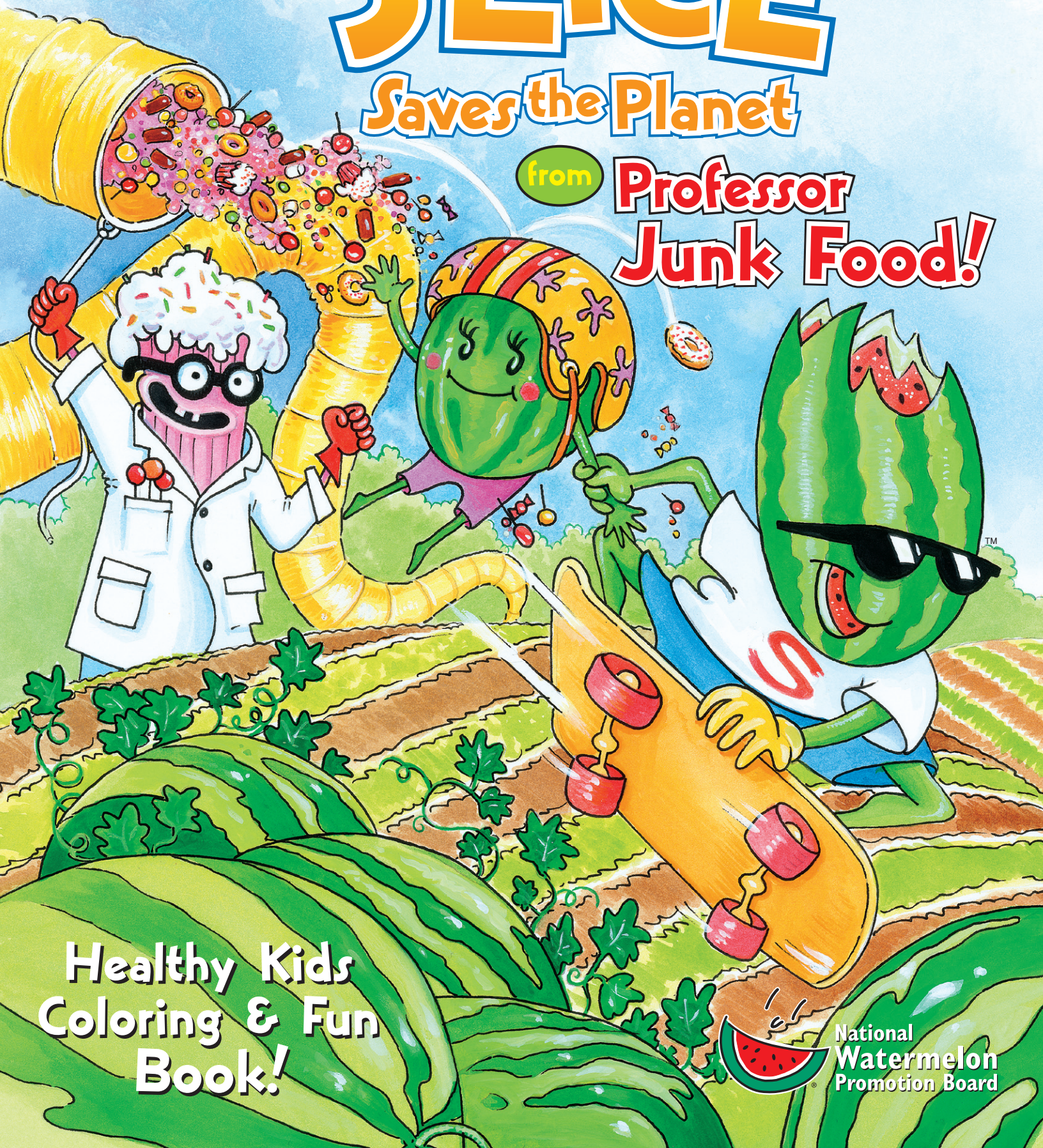


J. SLICE™

Saves the Planet

from

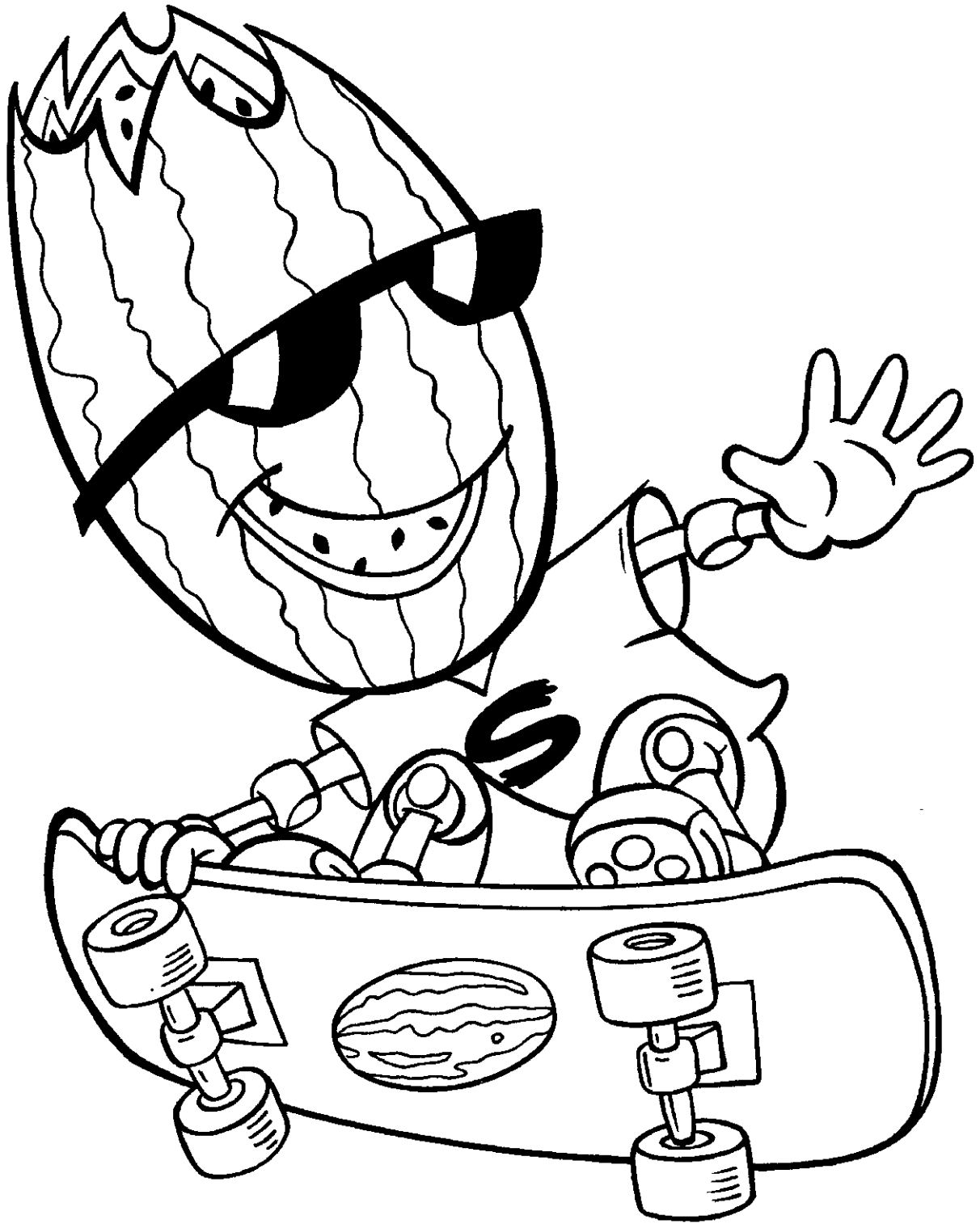
Professor
Junk Food!



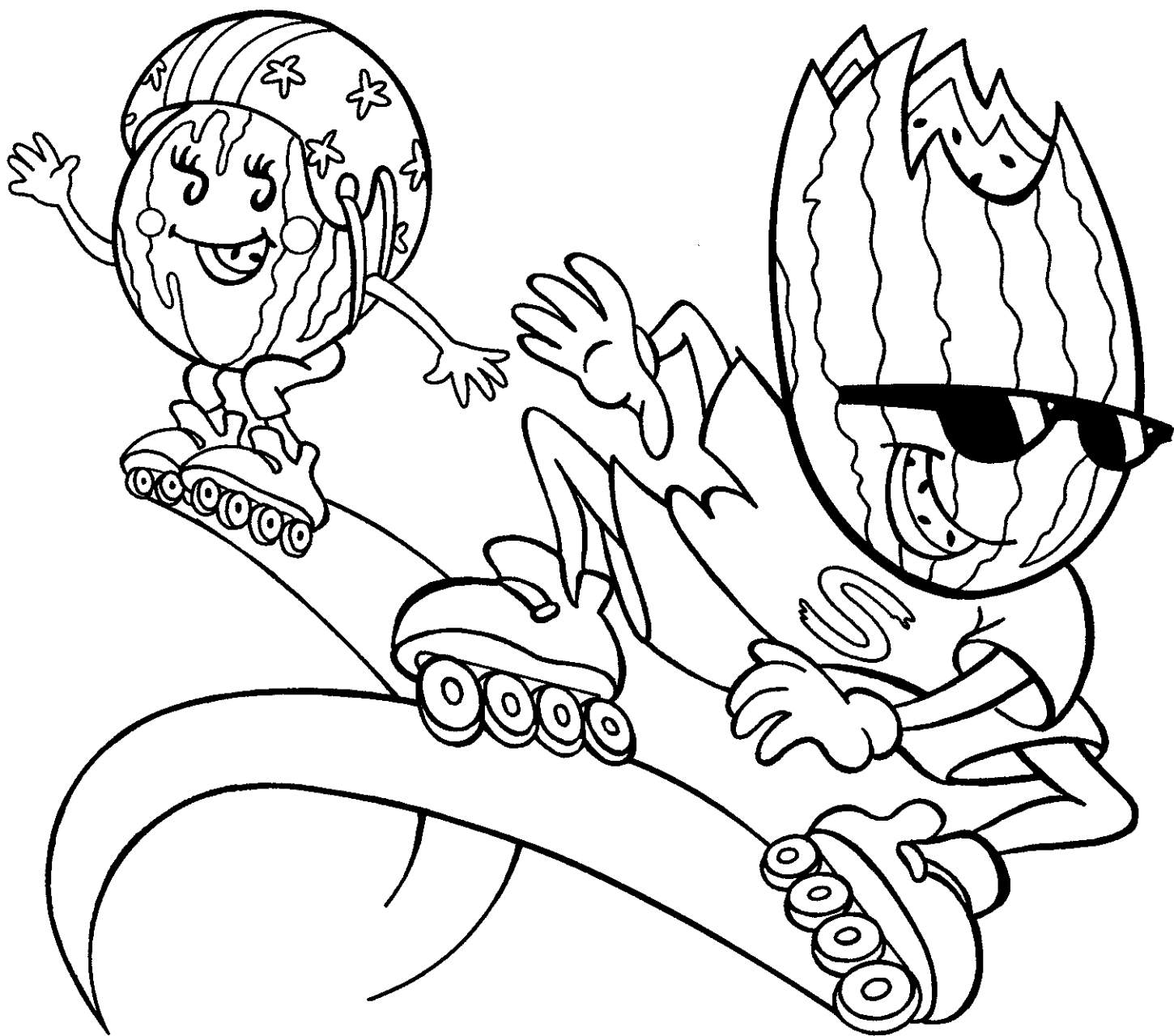
Healthy Kids
Coloring & Fun
Book!



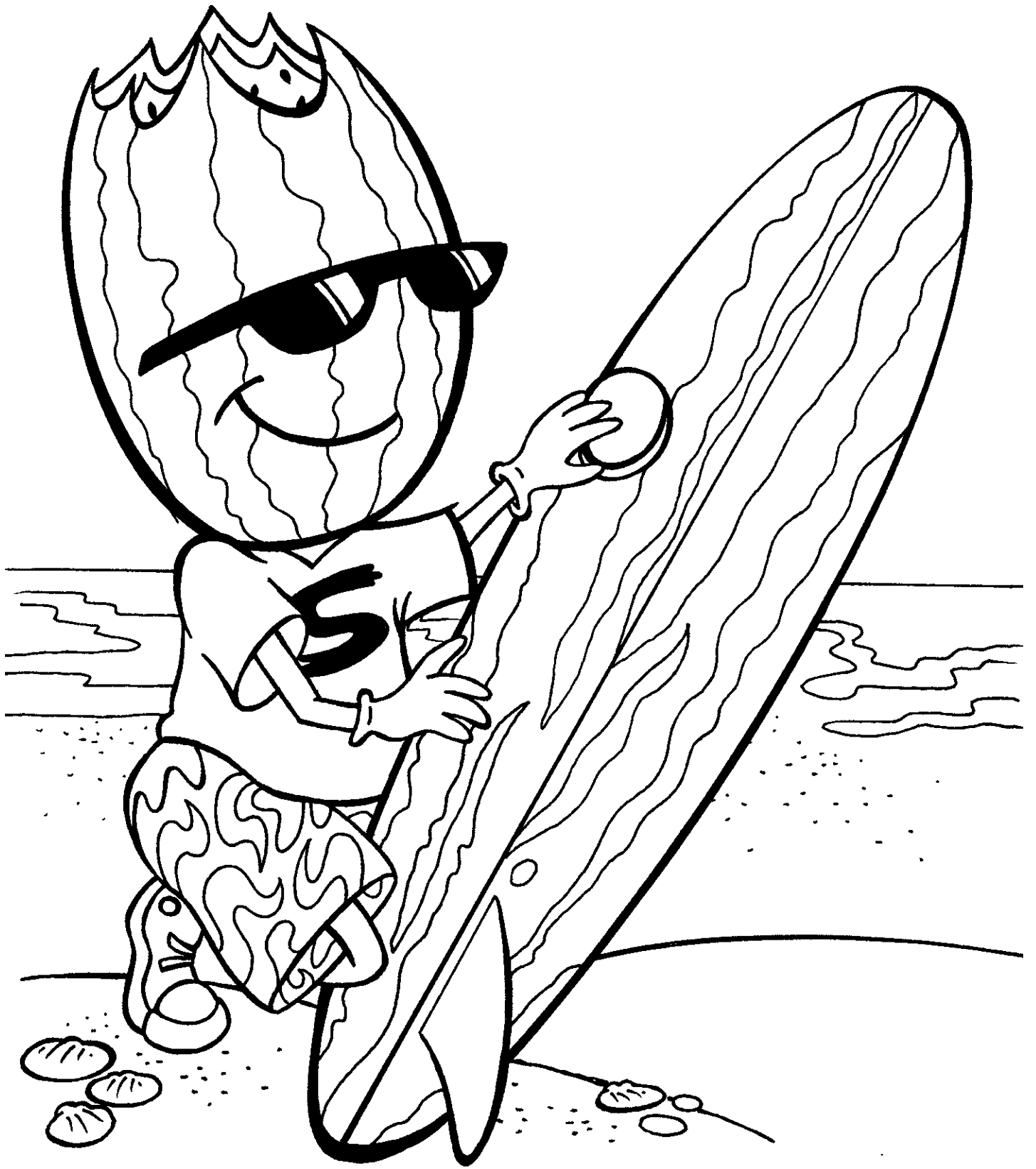
National
Watermelon
Promotion Board



Meet J. Slice. He's not your average watermelon—
he's super at just about every sport out there.



He loves to skateboard, surf and snowboard. Pinky,
his baby sister, loves to tag along.



Today J. Slice is waxing his surfboard. He loves catching
a tasty wave.



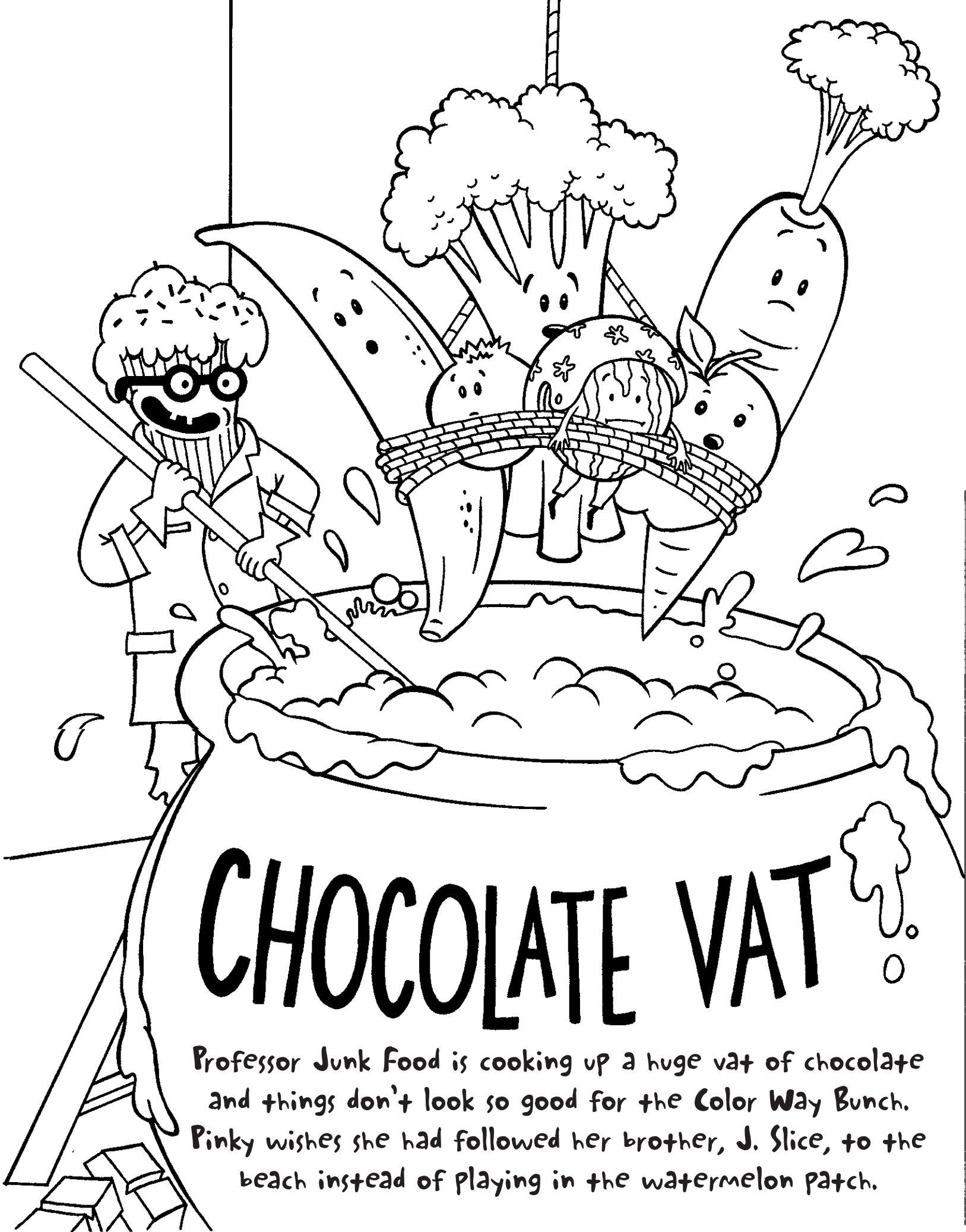
Between hanging ten and keeping up with Pinky,
J. Slice still finds time for healthy eating.



"Hey, where's Pinky? Something is definitely wrong—she always follows me everywhere," J. Slice thinks.



Meanwhile back at the Evil Lab, Professor Junk Food holds Pinky and the Color Way Bunch under his junk food spell. It's part of his plan to get kids hooked on junk food and take over the world all at once.



CHOCOLATE VAT!

Professor Junk Food is cooking up a huge vat of chocolate and things don't look so good for the Color Way Bunch. Pinky wishes she had followed her brother, J. Slice, to the beach instead of playing in the watermelon patch.



KABOOOM!!!! Slice crashes through the Evil Lab secret door and skateboards over Professor Junk Food! J. Slice rescues everyone. He's good at that kind of stuff.



Everyone shouts,
"Hooray!"

Why can't Professor Junk Food just see how
sweet and scrumptious watermelon can be?
It's even full of vitamins and minerals!

FORMULA FOR CHOCOLATE GOO:

1. 100 POUNDS CHOCOLATE

2. 50 POUNDS OF STUFF
THAT ROTS YOUR TEETH

3. 20 POUNDS OF

ROPE

COOK AT 300°
FOR 2 HOURS



Professor Junk Food tries to
escape when J. Slice throws a piece of juicy sweet watermelon
into his mouth. That's when it happens.



Evil, cranky Professor Junk Food smiles for the first time
in his life. Now even he loves watermelon.
The Yummy End!

Be a Watermelon Chef!

Have fun with watermelon.

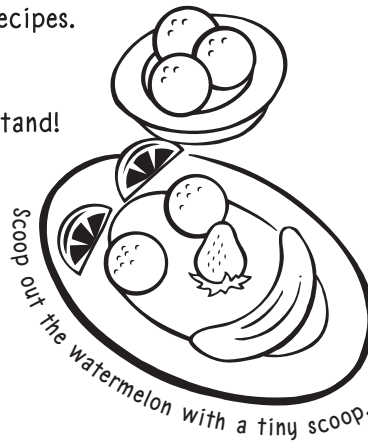
Kitchen To-do List

- ▶ Show everyone what you can do in the kitchen...
- ▶ Make and eat delicious watermelon recipes.
- ▶ Have fun.
- ▶ Name your watermelon.
- ▶ Open up your very own watermelon stand!

Wacky Watermelon Head Make fruit smile!

All you need:

- ▶ 2 watermelon balls
- ▶ 1 strawberry
- ▶ 2 orange wedges
- ▶ A slice of watermelon (Cut the rind off and shape it to look like a smile!)
- ▶ Plastic or paper plate



Lay out the fruit to make a smiley fruity face!

Does it remind you of anyone?

Boo! Make a Watermelon Jack O' Lantern It's sweet and scary!

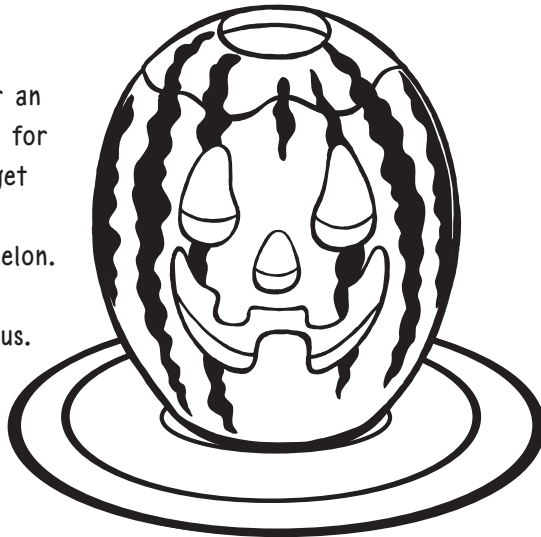
All you need:

- ▶ 1 Watermelon
- ▶ Carving knife for parents to use!
- ▶ 1 Ice cream scoop
- ▶ Your imagination
- ▶ Paper and pencil

Draw your ideas for a scary boo-melon on a piece of paper with a dark leaded pencil. Flip the paper over and trace it again. Then flip it back and rub and trace directly on to the watermelon.

Next, ask your parents or an adult to cut out the face for the jack o' lantern. You get the fun part of scooping out all the sweet watermelon.

Halloween will be delicious.



Cool Red Cut Outs! Cut out fun sweet shapes!

All you need:

- ▶ Your favorite cookie cutters, of course!
- ▶ 1 Watermelon

Get an adult to cut half-inch thick watermelon slices for you. Use your cookie cutters to make FABulous shapes like: dinosaurs, bears, letters, and more!

The Super Duper Smoothie! Slurp up a watermelon smoothie.

This is a do-together recipe so ask an adult to give you a hand.

All you need:

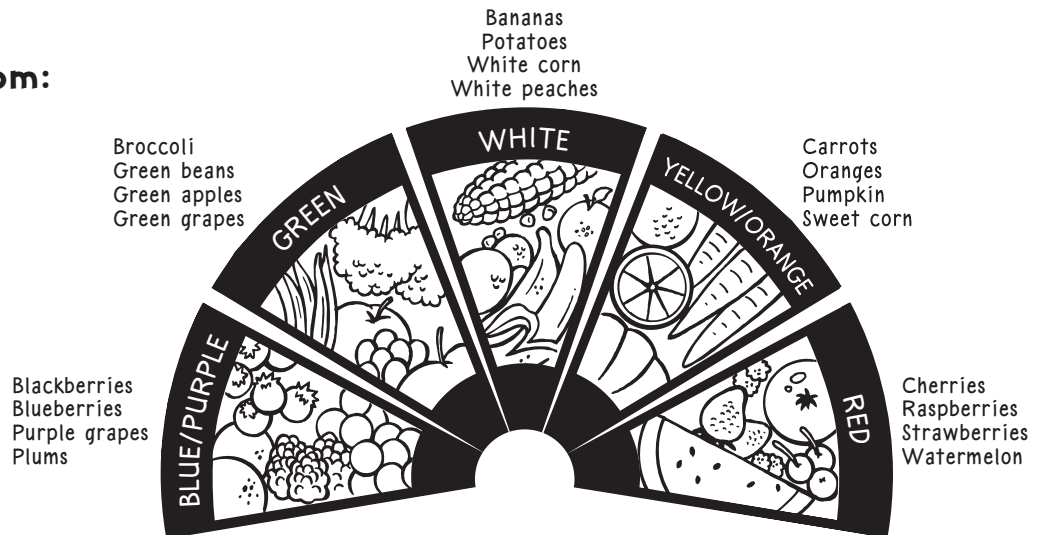
- ▶ 2 cups of seedless watermelon chunks
- ▶ 1 cup crushed ice
- ▶ 1 cup plain yogurt
- ▶ 1-2 tablespoons of sugar
- ▶ 1/8 teaspoon ground ginger
- ▶ 1/8 teaspoon almond extract

Mix everything in the blender until smooth.
Makes 2-3 servings.

Eat 5 a Day!

Munch on lots of delicious fruits and vegetables of all different colors—they are good for you. Each color is packed with it's own great mix of vitamins and minerals. Go ahead—count your colors and try to eat ALL five colors every day!

Here are a few tasty choices to choose from:

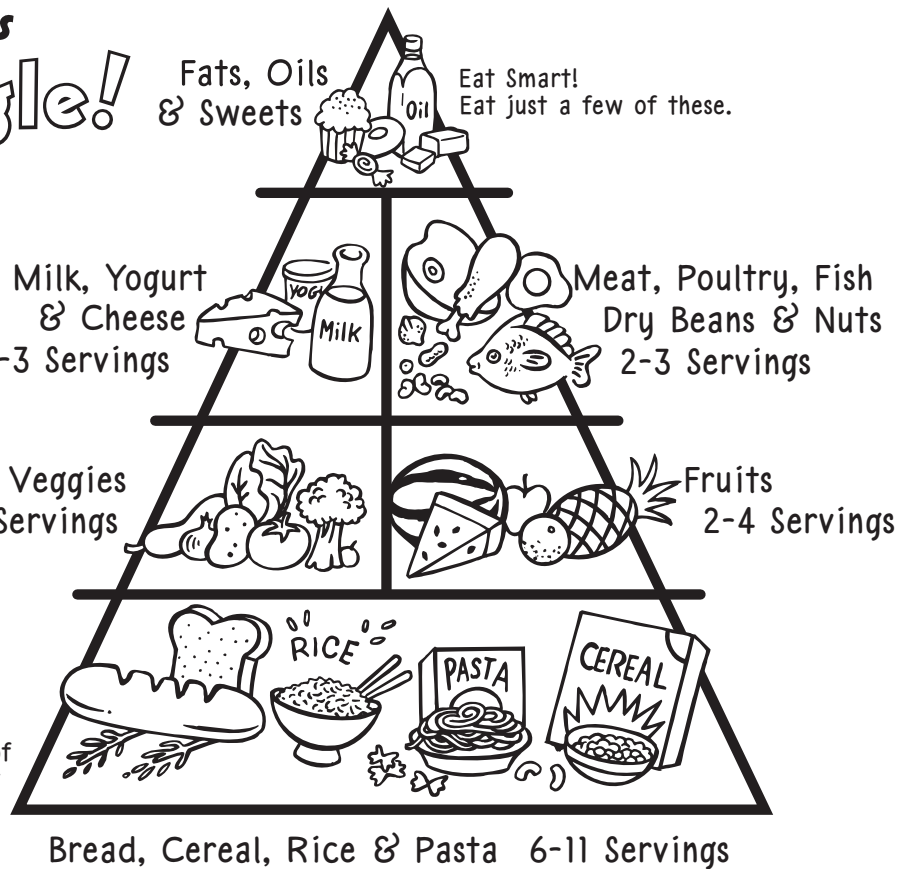


Fun Food Groups Eat a Triangle!

W is for Watermelon.

It is sweet, juicy and healthy.
It is 92% water.
A 2-cup serving of watermelon only has 92 calories.
It has lots of vitamins A, B6 and C.
It has more lycopene than any other fresh fruit or vegetable.
(Lycopene is an antioxidant that helps people stay healthy).

Eat healthy! Munch on more of the foods from lower parts of the pyramid.



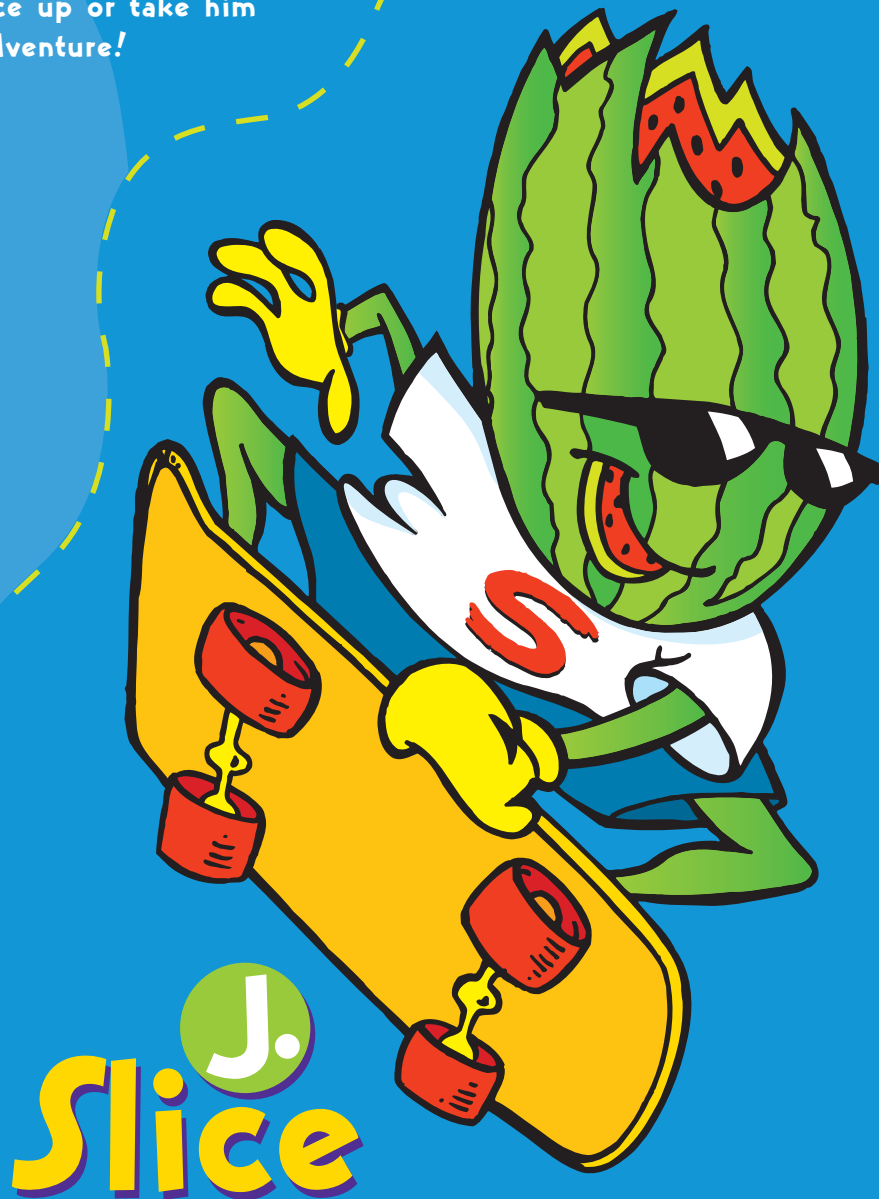
Learn to eat healthy.

- ▶ Count the number of tasty servings you gobble down from each food group.
- ▶ As you climb to the top, you'll learn how much you should have for each food group.
- ▶ Eat more fruits and veggies, and less junk food and fatty foods!

Take J. Slice Everywhere!

DIRECTIONS:

1. Cut out along dotted lines.
2. Insert slot A into slot B.
3. Stand J. Slice up or take him off on an adventure!



National
Watermelon
Promotion Board

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