

# The Sweetest Veggie Treat

Reading Comprehension Grades 5-6

Read the passage below. Place a check in the True (T) or False (F) circles next to each statement that follows the passage.

## Drink your watermelon!

Our bodies count on water for survival. Every cell, tissue, and organ in the human body needs water to operate properly. If we don't have enough water, we become dehydrated. Even a little bit of dehydration – a harmful reduction of the amount of water in the body – can cause us to feel tired and sluggish.

We actually lose water every day just doing normal things like breathing and perspiring. We have to replenish the water our bodies lose so our bodies can continue performing necessary functions. That's why it's important to drink plenty of water, especially when exercising and playing.

There are other ways to rehydrate, too. You can get fluids from different foods. In fact, foods like spinach and watermelon have a lot of water in them. Watermelon is a delicious way to rehydrate – it's 92% water!

- T  F The human body does not work properly if it does not have enough water.
- T  F Mild dehydration does not cause changes in the human body.
- T  F Our bodies can lose water when we sweat during exercise.
- T  F Drinking water is the only way to replenish the water our bodies lose.
- T  F Watermelon is made up of mostly water.

Read each recipe and fill in the Venn diagram. Write at least three ingredients the recipes share and three ingredients unique to each one.

### Watermelon Greek Salad

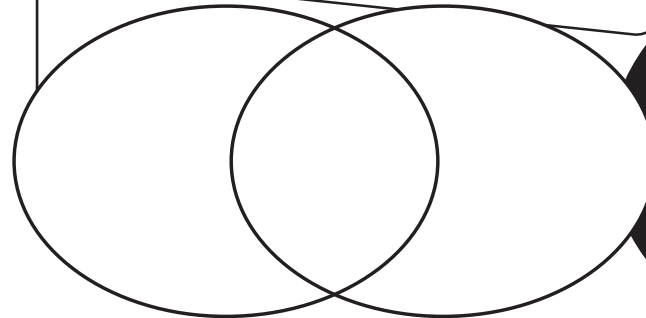
- |  |                                      |
|--|--------------------------------------|
| 2 cups diced watermelon, seeded          | 4 tablespoons extra-virgin olive oil |
| 3 cups kale, chopped fine                | 2 tablespoons balsamic vinegar       |
| 2 cups peeled and diced English cucumber | 1 teaspoon minced garlic             |
| ½ cup diced red onion                    | 1 tablespoon chopped fresh mint      |
| ½ cup Kalamata olives, cut in halves     | Serving grated pepper                |
|  | ½ cup crumbled feta cheese           |

In a large bowl, add kale, watermelon, cucumber, onion, and olives. In a small bowl, whisk oil, vinegar, garlic, mint, and pepper. Pour dressing over salad and toss thoroughly. Top with feta cheese and serve.

### Avocado Toast with Watermelon

- 4 tablespoons mashed avocado
- ½ teaspoon lemon juice
- 2 slices whole grain bread, toasted
- 4 tablespoons diced watermelon
- 2 tablespoons crumbled feta cheese
- 2 teaspoons chopped fresh mint
- ½ teaspoon lemon zest

Mix mashed avocado with lemon juice. Spread the avocado mix on each slice of the toasted bread. Top with watermelon and cheese. Then sprinkle the mint leaves and lemon zest across the slices.



A simile compares two unlike things using words **like** or **as**. Finish each of the statements below by using a simile. Paint a picture with your words.

The sun shone on the farm like a \_\_\_\_\_.

My slice of watermelon was as sweet as \_\_\_\_\_.

Long green vines stretched across the field like \_\_\_\_\_.

The 250-lb. watermelon was as big as \_\_\_\_\_.

### Did you know ...

**There are watermelons with yellow to bright orange flesh.**

**Early explorers used watermelons as canteens.**

***Citrullus lanatus* of the botanical family *Cucurbitaceae* is the official name of watermelon.**