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!

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
- 3 cups kale, chopped fine
- 2 cups peeled and diced English cucumber
- ½ cup diced red onion
- ½ cup Kalamata olives, cut in halves

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
- 1½ 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.

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.