

Watermelon comes in both colors!

Take a Bite Out of Watermelon!

T-Rex Watermelon Carving

Visit watermelon.org with an adult and download this fun watermelon carving. Create and share with all your friends - DINO-LICIOUS! Remember, let an adult handle the knife and sharp toothpicks.

Caution: Pointed skewers are very sharp! Make sure that kids use a long-handled serving tool to avoid having hands come in contact with the sharp skewers. You may even wish to remove a section of the skewer teeth prior to serving so the fruit can be safely removed.

A 2-cup serving of watermelon is fat free and 92% water.

