

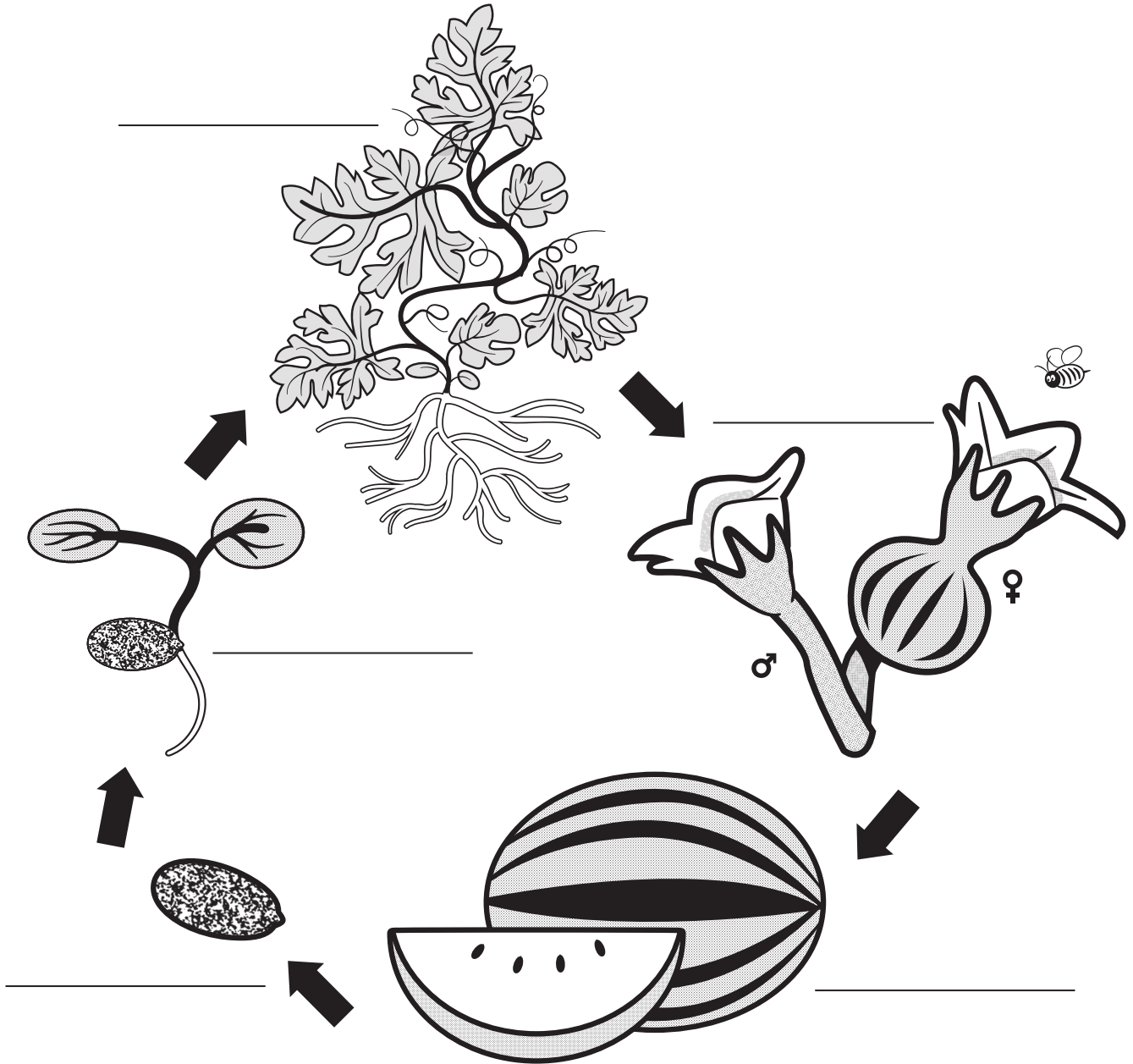
ACTIVITY 1 BECOMING A WATERMELON

Name: _____

Read about how watermelons grow and write the phases of the watermelon growth cycle on the chart below.

Watermelons grow on long, rambling vines. Seeds are planted 1 inch deep and sprout with sunlight and sandy soil. The seedlings vines across the ground up to 20 feet in length. Wind, bees, and butterflies are attracted to the flowers, which start the growth of the fruit. It's the size and sweetness we enjoy at markets and stores after about 90 days.

WORD BANK				
Seedling	Sprout	Flowers	Fruit	Seed

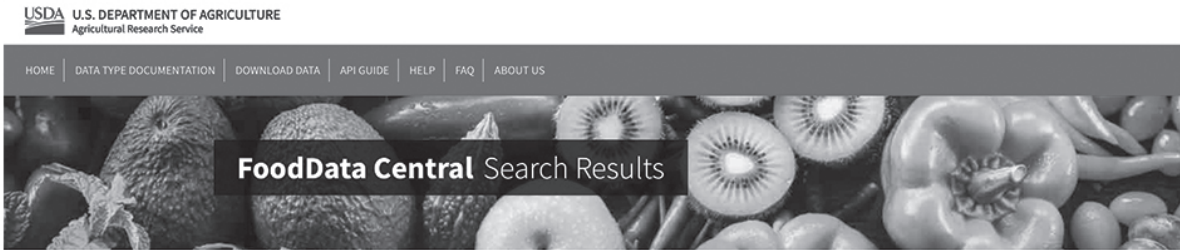


ACTIVITY 2 NUTRITION LABEL WORKSHEET

Name: _____

Use the provided labels to compare naturally sweet watermelon to watermelon candy.

- Circle how much sugar is in each food.
- Draw a triangle around the added sugar.
- Draw a rectangle around the ingredient list.



ARS HOME | FOODDATA CENTRAL | WATERMELON (BRANDED, 533221)

WATERMELON

Data Type: Branded **Food Category:** Pre-Packaged Fruit & Vegetables **Brand Owner:** Walgreens Co. **FDC ID:** 533221 **GTIN/UPC:** 049022854390
FDC Published: 4/1/2019 **Available Date:** 10/13/2017 **Modified Date:** 10/13/2017 **Market Country:** United States

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Information provided by food brand owners is label data. Brand owners are responsible for descriptions, nutrient data and ingredient information. USDA calculates values per 100g or 100ml from values per serving, 1 calorie diet (21 CFR 101.9(c)).

Nutrients

Portion: 100g

Name	Amount	Unit	Deriv. By
Energy	31	kcal	Calculated from value per serving size measure
Protein	0.78	g	Calculated from value per serving size measure
Total lipid (fat)	0.25	g	Calculated from a daily value percentage per serving size measure
Carbohydrate, by difference	7.45	g	Calculated from value per serving size measure
Fiber, total dietary	0.4	g	Calculated from value per serving size measure
Sugars, total including NLEA	6.27	g	Calculated from value per serving size measure
Sodium, Na	0	mg	Calculated from a daily value percentage per serving size measure
Fatty acids, total saturated	0	g	Calculated from a daily value percentage per serving size measure
Fatty acids, total trans	0	g	Calculated from value per serving size measure
Cholesterol	0	mg	Calculated from a daily value percentage per serving size measure

Ingredients: WATERMELON

WATERMELON CANDY

Data Type: Branded **Food Category:** Candy **Brand Owner:** Perfetti Van Melle USA Inc. **FDC ID:** 671684 **GTIN/UPC:** 073390002039
FDC Published: 12/6/2019 **Available Date:** 7/27/2019 **Modified Date:** 7/27/2019 **Market Country:** United States

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Information provided by food brand owners is label data. Brand owners are responsible for descriptions, nutrient data and ingredient information. USDA calculates values per 100g or 100ml from values per serving, 1 calorie diet (21 CFR 101.9(c)).

Nutrients

Update Log

Portion: 100g

Name	Amount	Unit	Deriv. By
Energy	385	kcal	Calculated from value per serving size measure
Protein	0	g	Calculated from value per serving size measure
Total lipid (fat)	0	g	Calculated from a daily value percentage per serving size measure
Carbohydrate, by difference	96.15	g	Calculated from value per serving size measure
Sugars, total including NLEA	70.51	g	Calculated from value per serving size measure
Sugars, added	70.5	g	Calculated from value per serving size measure
Sodium, Na	0	mg	Calculated from a daily value percentage per serving size measure

Ingredients: SUGAR, CORN SYRUP, MALTODEXTRIN, DEXTROSE, MODIFIED FOOD STARCH (CORN), PALM OIL, CONTAINS LESS THAN 2% OF: CITRIC ACID, WATER, ARTIFICIAL FLAVORS, RED 40, BLUE 1, YELLOW 6, YELLOW 5.



Fill in the chart with the information you put shapes around from above.

	WATERMELON	WATERMELON CANDY
Total Sugar		
Added Sugar		
Number of ingredients		

1. How is sugar measured on a nutrition label? _____

2. Which food has the most grams of added sugar? _____

3. Which food has the most ingredients? _____

4. Compare and contrast the eating experience of watermelon the fruit compared to watermelon the candy. Write three things that make them the same and different when it comes to size, flavor, and enjoyment in your opinion.

SAME	DIFFERENT

