

# ACTIVITY 1 BECOMING A WATERMELON ANSWER KEY

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

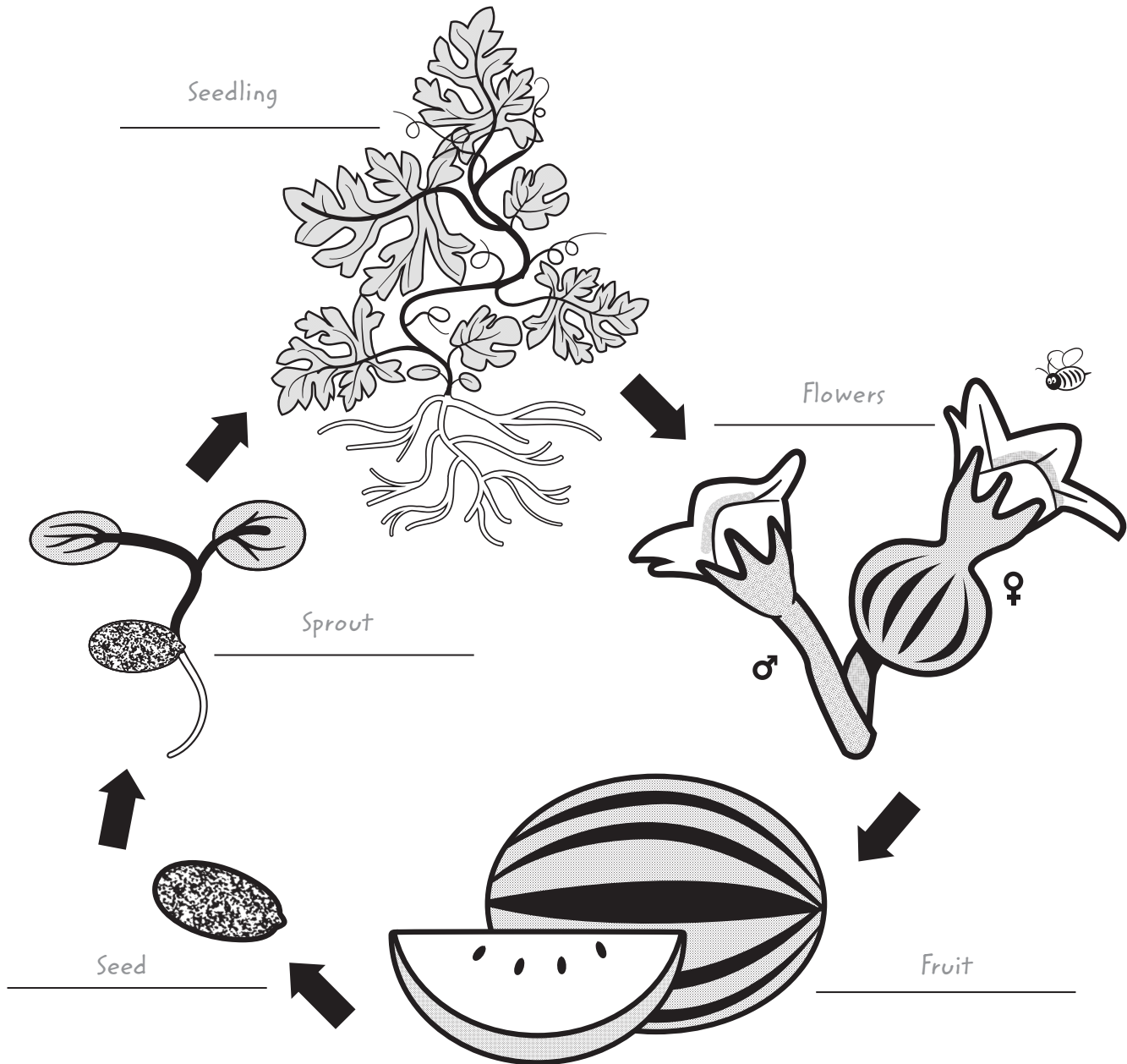
Seedling

Sprout

Flowers

Fruit

Seed

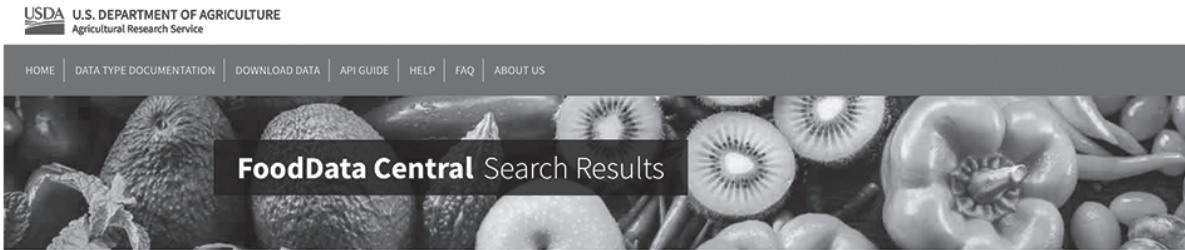


# ACTIVITY 2 NUTRITION LABEL WORKSHEET ANSWER KEY

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.



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## 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

Powered by Label Insight

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

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.

## ANSWER KEY

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

	WATERMELON	WATERMELON CANDY
Total Sugar	6.27g	70.51g
Added Sugar	—	70.5g
Number of ingredients	1	13

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

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

3. Which food has the most ingredients? Watermelon candy

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
<i>People like to eat both</i>	<i>Watermelon has fiber and nutrients, watermelon candy is just sugar</i>
<i>Both have sugar and are sweet</i>	<i>Watermelon has natural sugar, which gives it its sweetness, watermelon candy has added sugar</i>
<i>Both are pink</i>	<i>It's easier to unwrap a candy than it is to slice a watermelon, but the watermelon will give you good energy</i>