



## Watermelon Learning Lab Lesson 1 Quiz

### Watermelon History, Cultivation & Market Insights

Fill in the bubbles next to the correct answers. Check your answers at the bottom of the page.

- 1** What area did watermelon originate from 5,000 years ago?
  - a. Southeast Asia
  - b. Southern Africa
  - c. Central America
- 2** Watermelon is in the same family as squash, zucchini and cucumber.
  - a. True
  - b. False
- 3** What does watermelon need to grow?
  - a. Sun and water
  - b. Well-drained sandy soil
  - c. Bees
  - d. All of the above
- 4** Watermelon is harvested before it is fully mature. It ripens after it is harvested.
  - a. True
  - b. False
- 5** Each watermelon plant produces 2-3 harvestable fruits.
  - a. True
  - b. False
- 6** Watermelon is harvested and packed by machines.
  - a. True
  - b. False
- 7** Square-shaped watermelon is grown in boxes.
  - a. True
  - b. False
- 8** Watermelon is the most consumed melon.
  - a. True
  - b. False
- 9** What is a reason consumers buy watermelon?
  - a. It tastes good.
  - b. It's cool, refreshing and hydrating.
  - c. It's healthy and nutritious.
  - d. All of the above
- 10** According to research, what information do customers like to see displayed in stores?
  - a. Selection
  - b. Nutrition
  - c. Recipes
  - d. Both a & b

Answers  
1. b / 2. a / 3. d / 4. b Watermelon is harvested at full maturity—it does not ripen after it is harvested.  
5. a / 6. b Watermelon is harvested and packed by hand. 7. a / 8. a / 9. d / 10. d



## Watermelon Learning Lab Lesson 2 Quiz

### Watermelon Types, Product Formats & Availability

Fill in the bubbles next to the correct answers. Check your answers at the bottom of the page.

- 1** More than 300 varieties of watermelon are grown here and outside the U.S. to feed our supply.  
 a. True  
 b. False
- 2** There are 7 types of watermelon, based on predominant characteristics.  
 a. True  
 b. False
- 3** Which is not a type of watermelon?  
 a. Mini  
 b. Pink  
 c. Yellow/Orange  
 d. Seedless
- 4** More than 85% of watermelon cultivars grown are Seeded.  
 a. True  
 b. False
- 5** Seedless watermelon is a sterile hybrid, like a mule.  
 a. True  
 b. False
- 6** A seedless watermelon has 65 chromosomes.  
 a. True  
 b. False
- 7** Some watermelon formats include whole, fresh cut, juice and puree.  
 a. True  
 b. False
- 8** Watermelon grows in the U.S. mid-spring to early autumn.  
 a. True  
 b. False
- 9** Which is not one of the top watermelon producing states in the U.S.?  
 a. California  
 b. Florida  
 c. Maryland  
 d. Georgia
- 10** Which country supplies most of the watermelon to the U.S. mid-autumn to early spring?  
 a. Canada  
 b. Mexico  
 c. Argentina

Answers  
1. a / 2. b There are 4 types of watermelon, based on predominant characteristics.  
3. b Seeded, Seedless, Mini and Yellow/Orange are types of watermelon. 4. b More than 85% of watermelon cultivars grown are Seeded. 5. a / 6. b A seedless watermelon has 33 chromosomes. / 7. a / 8. a  
9. c Top producing states in the U.S. are California, Florida, Georgia and Texas. / 10. b





## Watermelon Learning Lab Lesson 3 Quiz

### Watermelon Receiving, Handling & Storage

Fill in the bubbles next to the correct answers. Check your answers at the bottom of the page.

- 1** Before cutting, what should you look for in a watermelon?
  - a. Heavy for its size
  - b. Firm and free of bruises, cuts, dents or soft spots
  - c. Dark ground spot
  - d. Both a & b
- 2** Generally, a watermelon's shelf life is 3-4 weeks once it is cut from the vine.
  - a. True
  - b. False
- 3** If watermelon arrives refrigerated and is not intended for use that day, it:
  - a. can be left out at room temperature
  - b. should be kept refrigerated
- 4** The ideal storage temperature for whole watermelon is 50-59°F.
  - a. True
  - b. False
- 5** What happens to watermelon if stored below 45°F?
  - a. Pitted rind
  - b. Off flavor
  - c. Loss of color
  - d. All of the above
- 6** It is not ideal to store watermelon next to ethylene-producing products like bananas because they speed decay.
  - a. True
  - b. False
- 7** Internal cracking of watermelon flesh, known as Hollow Heart, is:
  - a. caused by growing conditions
  - b. not safe to eat
  - c. often sweeter because sugars are concentrated along the cracks
  - d. Both a & c
- 8** The outside of a watermelon does not need to be washed before cutting.
  - a. True
  - b. False
- 9** According to a *Cutting, Yield & Shelf Life Study*, what is the first cut that should be made to a watermelon?
  - a. Cut straight down the middle to separate it into two pieces
  - b. Cut off the ends, providing a base and access to the peel and rind
- 10** Depending on shipping and handling, approximately how long will cut watermelon last in refrigeration?
  - a. 3 days
  - b. 5-7 days
  - c. 2 weeks

1. d Before cutting a watermelon, make sure it is firm and free of bruises, cuts, dents or soft spots, heavy for its size, and has a pale yellow to creamy white ground spot. / 2. a / 3. b / 4. a / 5. d / 6. a / 7. d Hollow Heart is caused by growing conditions, safe to eat and often sweeter because sugars are concentrated along the cracks. / 8. b The outside of a watermelon needs to be washed before cutting. / 9. b / 10. b

Answers





## Watermelon Learning Lab Lesson 4 Quiz

### Watermelon Nutrition

Fill in the bubbles next to the correct answers. Check your answers at the bottom of the page.

- 1** How many calories are in a two-cup serving of watermelon?  
 a. 200  
 b. 120  
 c. 80
- 2** Watermelon contains sodium.  
 a. True  
 b. False
- 3** Watermelon is free from:  
 a. fat  
 b. cholesterol  
 c. Both a & b
- 4** Because watermelon is 92% water, it is a natural:  
 a. sweetener  
 b. hydrator
- 5** Watermelon is an excellent source of:  
 a. Vitamin E  
 b. Vitamin C  
 c. Both a & b
- 6** In addition to Vitamin C, watermelon is also a source for:  
 a. Vitamin A (8%)  
 b. Vitamin B6 (6%)  
 c. Both a & b
- 7** Vitamin C is needed for the growth and repair of tissues in all parts of your body.  
 a. True  
 b. False
- 8** Watermelon does not contain Potassium, a mineral necessary for water balance.  
 a. True  
 b. False
- 9** Citrulline is an amino acid found in watermelon that may help divide cells, heal wounds and remove ammonia from the body.  
 a. True  
 b. False
- 10** Lycopene is an antioxidant carotenoid that gives watermelon its reddish-pink color.  
 a. True  
 b. False

Answers  
1. c / 2. b Watermelon is sodium-free. / 3. c / 4. b / 5. b / 6. c / 7. a / 8. b Watermelon contains Potassium, a mineral necessary for water balance. / 9. a / 10. a



## Watermelon Learning Lab Lesson 5 Quiz

### Watermelon Best Practices

Fill in the bubbles next to the correct answers. Check your answers at the bottom of the page.

- 1** What are some good watermelon topics to promote to shoppers?
  - a. Health
  - b. Value
  - c. Versatility
  - d. All of the above
- 2** Including point-of-sale materials in displays and offering watermelon sampling events are smart ways to keep shoppers in the know.
  - a. True
  - b. False
- 3** Displaying whole and cut watermelon next to each other is not a good idea.
  - a. True
  - b. False
- 4** Promoting watermelon selection and nutrition information via newsletters, ads, signs and displays are good merchandising practices.
  - a. True
  - b. False
- 5** Keeping fresh-cut watermelon refrigerated helps it maintain its great taste.
  - a. True
  - b. False
- 6** Using proper labeling on watermelon helps:
  - a. retailers avoid mis-rings and lost revenue
  - b. customers get what they pay for
  - c. Both a & b
- 7** Some watermelon best practices include taking watermelon off the floor, losing leakers and making the most of displays.
  - a. True
  - b. False
- 8** Promoting the nutritional benefits of watermelon during the winter months can help deliver year-round sales.
  - a. True
  - b. False
- 9** National Watermelon Month is June.
  - a. True
  - b. False
- 10** August 3rd is National Watermelon Day.
  - a. True
  - b. False

Answers  
1. d / 2. a / 3. b Displaying whole and cut watermelon next to each other creates great eye appeal and increases sales for both. 4. a / 5. a / 6. c / 7. a / 8. a / 9. b National Watermelon Month is July. / 10. a