

DRINK YOUR WATERmelon

Read about watermelon and fill in the blanks.

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WATERMELON

Juicel

ASK AN ADULT TO BLEND WATERMELON

CHUNKS IN A BLENDER UNTIL SMOOTH.

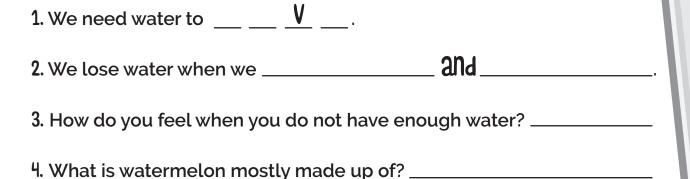
Your body is made up of a lot water. We need it to live!
Our bodies lose water every day. We lose water when we breathe and when we sweat while playing. When you do not have enough water, you can feel very tired.

You need to replace the water you lose to stay healthy.

Guess what? Watermelon is made up of mostly water!

Drink water and eat watermelon to fill back up on water.

Or, make watermelon juice so you can drink your watermelon!



5. What are 2 ways to fill back up on water?

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