



DRINK YOUR WATERMELON

READ ABOUT WATERMELON AND FILL IN THE BLANKS.

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!

ASK AN ADULT
TO BLEND WATERMELON
CHUNKS IN A BLENDER
UNTIL SMOOTH.

Make
WATERMELON
JUICE!

COLOR THE JUICE RED!

1. We need water to ___ ___ v ___.
2. We lose water when we _____ and _____.
3. How do you feel when you do not have enough water? _____
4. What is watermelon mostly made up of? _____
5. What are 2 ways to fill back up on water?

___ r ___ ___ k water. Eat ___ a ___ e ___ m ___ l ___ n.

