



EAT THE WHOLE WATERMELON

READ ABOUT WATERMELON. THEN FILL IN THE BLANKS WITH THE PARTS OF A WATERMELON—RIND, FLESH AND JUICE.

Food that you do not eat or use is thrown into the trash. Trash can take a long time to break down. **YUCK!**

But did you know that you can eat a whole watermelon? Just not in one bite! You can eat the rind, flesh and juice. Then you have nothing to throw into the trash. **Yay!**

The hard part of a watermelon is called the rind. It can be turned into pickles and put in a jar!

The part inside is called the flesh. You can eat a slice of it. Or, cut it up and mix with other foods.

When you cut up watermelon flesh, juice runs out. The flesh can be put in a blender to make lots of watermelon juice. **YUM!**

