

Eat and Play the Watermelon Way!

Eat for Energy

Go grocery shopping with your family. Choose nutrient-dense foods for dinner. Then help your parents make a meal to eat together!

Great Whole Grains

Try fiber-packed whole grains like oatmeal and quinoa.



Pinky

Watermelon is an excellent source for vitamin C. Plus, it contains lycopene which makes watermelon red!

Fruits and Veggies Forever

Pick lots of different colors! Eat with meals, as snacks, and even as desserts.

Watermelon is a fruit AND a vegetable! Try watermelon, turkey breast, and cheddar cheese cubes for lunch.



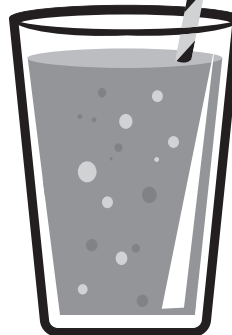
Patch

Pick Protein, Dairy, & Healthy Fats

Enjoy whole foods and healthy fats like seafood, beef, whole milk, yogurt, olive oil, and butter.

Smoothie Time!

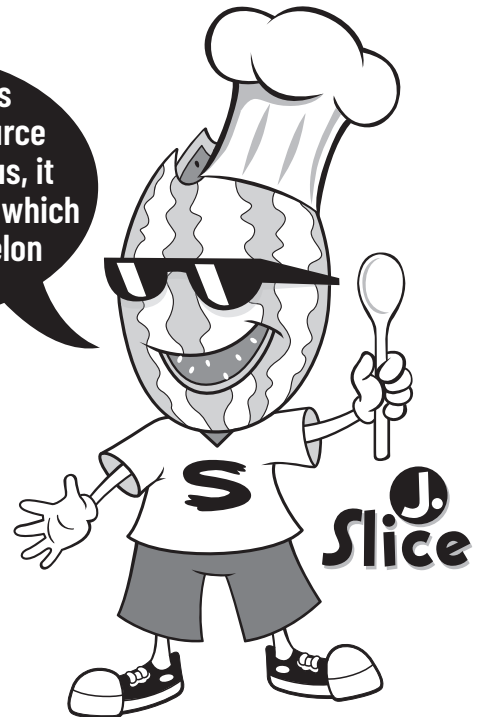
With an adult, combine watermelon chunks, your favorite fruit, yogurt, and ice in a blender.



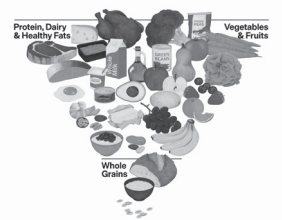
Slow the Sugar

Choose food and drinks that aren't packed with lots of added sugar.

Reach for watermelon when you want a treat. Sweet and nutritious!



Eat Real Food



watermelon.org

Move for Strength

Be active with your family and friends. Invite them to walk, kick a ball, or ride bikes.

Fun for One

Exercise, play, or do a fun activity every day for one hour. Try bicycling, swimming, dancing, or a sport you love.

Watermelon is 92% water! It refuels and rehydrates!

Snack on it before and after exercising.

On Your Feet

Don't sit for hours. Jump up and do a chore. Spend more time moving!

Or, drink your watermelon after you play! Ask an adult to blend chunks in a blender.

Power-up Party!

When it's time to celebrate, keep it active. Backyard games, skating, or pool parties are fun.

Fill in the blanks with the correct letters to complete the words. Then, find the words in the word search!

Watermelon is 92% w _____. After you play or exercise, it's good to drink water.

Watermelon r e _____ and r e _____.

Watermelon is sweet and n u _____.

A, B6, and C are found in watermelon. They are v _____.

Watermelon is both a f _____ and a v e _____.

L _____ makes watermelon red!

Watermelon chunks, fruit, and yogurt in a blender make a great s _____.

You can eat and d _____ watermelon!

BRFTUXWLEPOEODVELBN
UQFSAECDLJSWQEXROJT
ETRNPMBAEOSASCEYUPK
DYUOXRARTUBTSNBDAIH
ZAIREHYDRATESLATZQF
FOTCBABCJQLRXFNEEAR
EKRETSTUNUOECKULMVK
KPUPWDRKETSMOOTHIEV
HYLYCOPENEAUZLRGPSE
GANPIDAJUKSPGMIJSBG
FKRKCWERABTBXVTFUE
EOROAPVCSLHYCWIHEQT
DAVITAMINSGJSEOZXMA
CENEJTXWFOHNTQUHEKB
BREFUELSXHGSKJSAZGL
AERQFWPMOATGEDRINKE



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