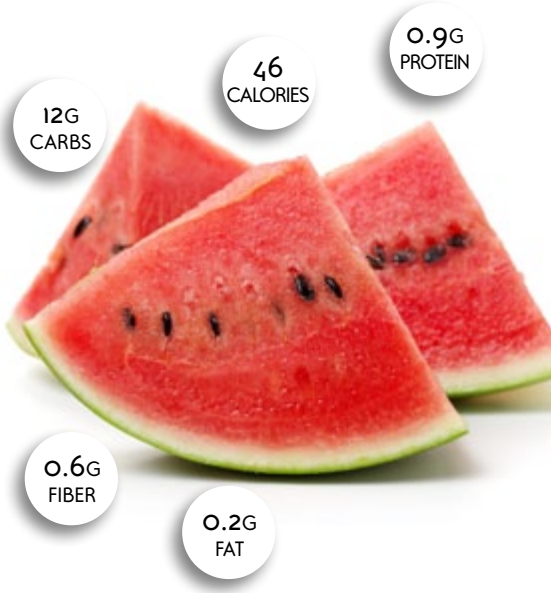
FAMILY CONNECTIONS

TASTEFUL HARVEST

WATERMELON



✓Cholesterol-Free ✓Low-Sodium ✓Fat-Free

Watermelon is rich in antioxidants and lycopene, a phytonutrient that may help relieve high blood pressure

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

HOW TO PICK THE BEST

- Select watermelons that feel heavy for size and sound hollow when tapped on rind.
- When selecting a watermelon, look for the flat spot where the melon has been on the ground.
- Look for the sugar spots. (They look like black spots that have been oozing a little)
- Refrigerate cut melons in sealed container.

HEALTHY SERVING SUGGESTIONS

- Slice and eat watermelon as a snack or side dish at meals.
- Serve cubed watermelon with low-fat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Blend low-fat yogurt, chopped watermelon, frozen strawberries, and a banana. Pour into cups and serve.

WATERMELON SALSA

Makes 8 servings. ½ cup per serving. Prep time: 15 minutes

Ingredients:

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice1 teaspoon vegetable oil

Directions:

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

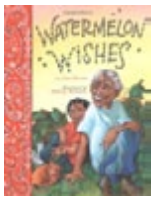
Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted From: https://harvestofthemonth.cdph.ca.gov/documents/Summer/Melons/Melons%20-%20Family%20News_Eng_Final.pdf

WATERMELON FUN FACTS

- Watermelon is 92%water.
- Most watermelons weigh from 5-50 pounds, but some weigh as much as 100 pounds.
- Watermelon does not contain any fat or cholesterol and is an excellent source of vitamins A, B6 and C, and contains fiber, potassium and lycopene.
- At the Louisiana Purchase Exposition in St. Louis in 1904, Oklahoma exhibited three watermelons with the combined weight of 334 pounds. One, the largest of the Exposition, weighed 117 pounds.
- Watermelon (Citrullus lanatus) are native to the Kalahari desert of Southern Africa.
- There are about 1,200 varieties of watermelon.
- Watermelon can be considered a fruit and a vegetable.
- Watermelon is the official state vegetable of Oklahoma.

READING FUN



Watermelon Wishes
by Lisa Moser

Watermelon Day
by Kathi Appelt

Peter Spit a Seed at Sue
by Jackie French Koller

One Watermelon Seed
by Celia Barker

Chestnut Cov
by Tom Egan

Watermelon Party
by Jasmine Cabanew

ACTIVITY: WATERMELON MOSAIC

Materials:

- watermelon slices to taste
- watermelon seeds
- torn green construction paper
- torn white construction paper
- torn red construction paper
- paper plate

Instructions

1. Give each family member a watermelon slice on a paper plate.
2. Think about the sound, taste, smell, look and texture of the watermelon as you eat it.
3. Fold clean paper plates in half.
4. Glue torn green construction paper pieces around the outside curved edge of their plates to represent a watermelon rind.
5. Add just enough torn white construction paper pieces to make a line of white next to the green.
6. Glue small red construction paper pieces to fill in the remaining space.
7. Glue watermelon seeds on the red pieces.

8. Open their plates and write descriptions about the watermelon they have eaten, using the following guidelines: outside color, inside color, seeds (yes, no), shape, color, outside feel, inside feel, taste, shape.