



**Hey kids, become a
FOOD EXPLORER
and check this out!**

Watermelon



Did you know...?

- Watermelon was first grown in Massachusetts during the 17th century.
- Egyptians grew watermelons nearly 5,000 years ago.
- Watermelons are more than 90% water, which is how they got their name.
- The largest watermelon on record was grown in Tennessee, weighing in at 350.5 pounds.
- A watermelon plant will **not** grow in your stomach if you accidentally swallow a seed.

DELICIOUS AND NUTRITIOUS

Red fruits and vegetables like watermelons can help our memories work.

A SUPER SNACK IDEA

Cut a watermelon into 1-inch-thick slices. Then use a cookie cutter to cut out fun shapes for a juicy, great summer snack.

WATERMELON HUMOR

What did the farmer put on his boo-boo?
A watermelon patch!