

Fun & Yummy!

Watermelon!

June Harvest of the Month



What is Watermelon?



Watermelon is a super cool summer fruit that's perfect for June! Did you know watermelon is actually 92% water? That's why it's so refreshing on hot days! This big, green fruit with pink inside originally came from Africa thousands of years ago. Watermelons can grow really BIG - some weigh over 100 pounds! The red part is sweet and yummy, and you can even eat the seeds (they won't grow in your tummy, we promise!). Let's learn more about this amazing fruit!



Why Watermelon is Super Cool!



Keeps You Hydrated!
Watermelon is 92% water
- it's like drinking a
yummy snack!

Full of Vitamins!
Packed with Vitamin A &
C to help you grow
strong and stay healthy!



Gives You Energy!
Natural sugars give you
power to run, jump, and
play all day!

Fun Watermelon Activities!



Seed Spitting Contest: See who can spit watermelon seeds the farthest - a classic summer challenge!



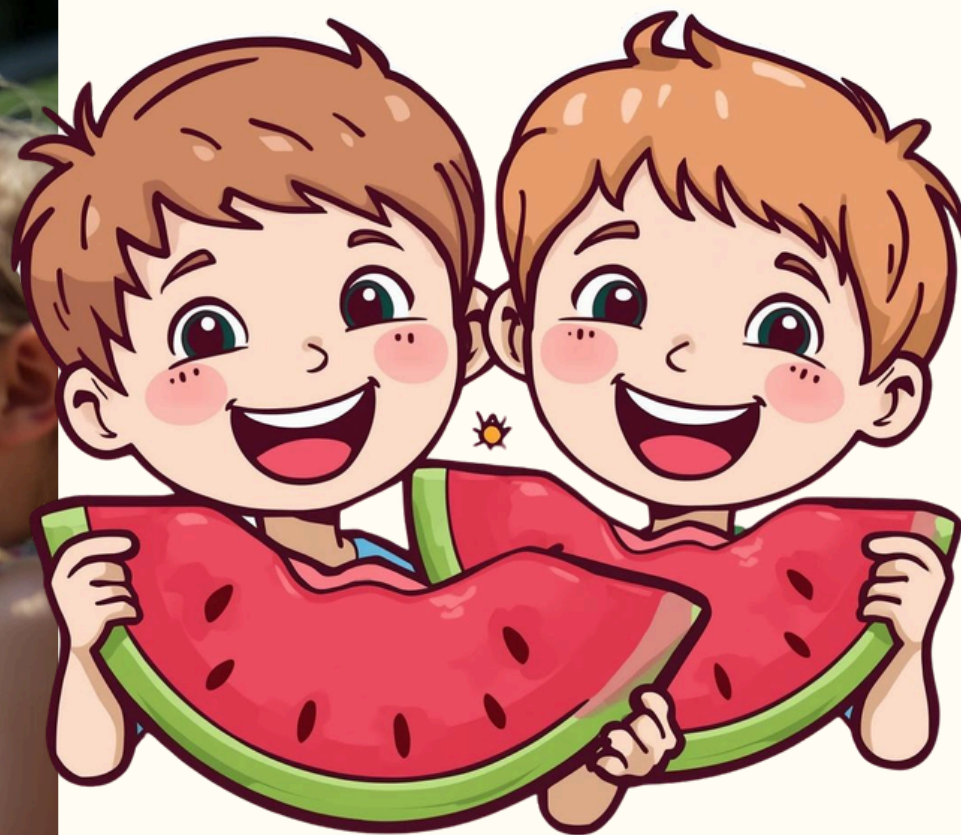
Watermelon Art: Carve fun shapes or paint the rind to create colorful masterpieces.



Taste Test Challenge: Try different watermelon varieties and vote for your favorite flavor!



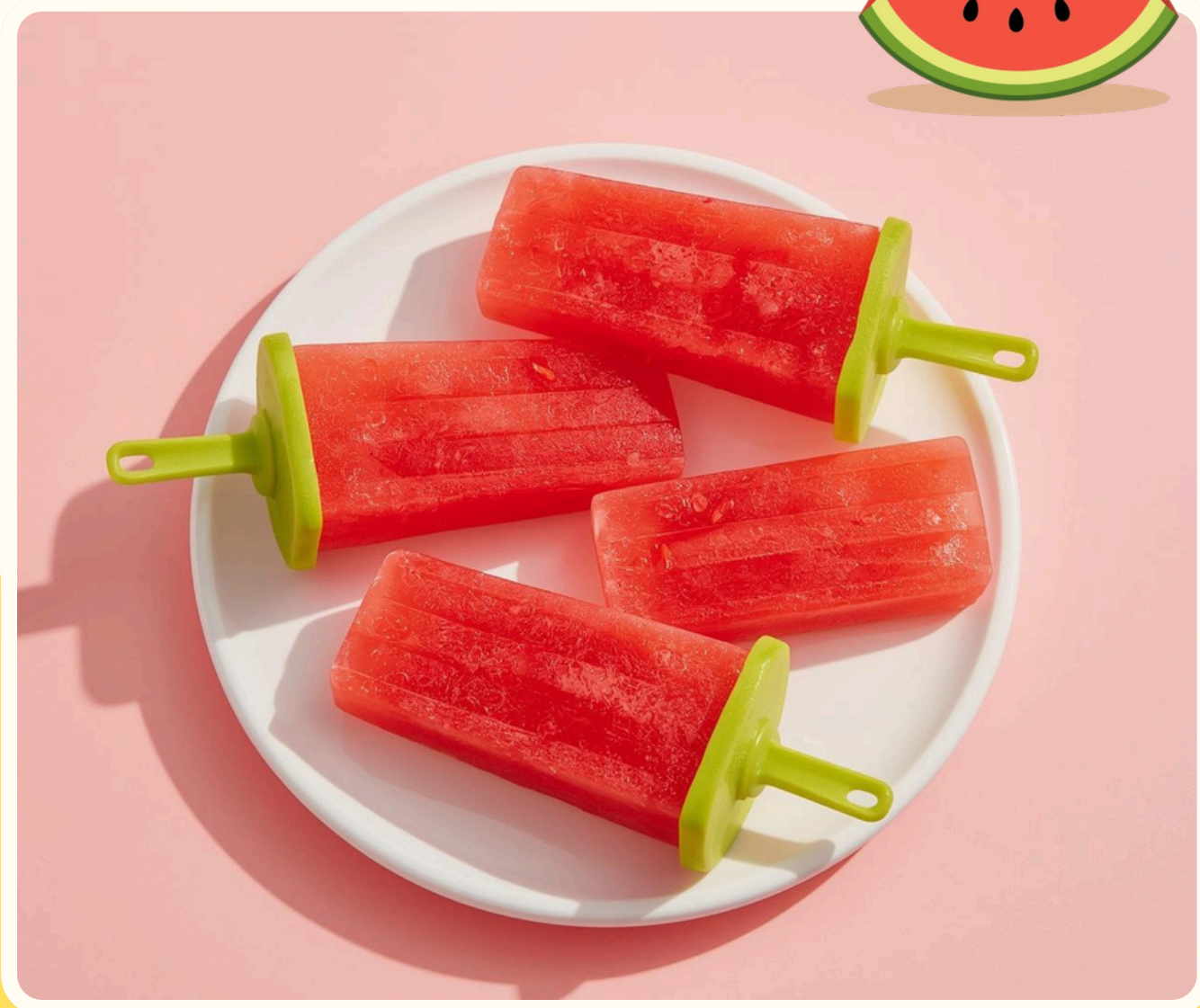
Growing Seeds Experiment: Plant watermelon seeds and watch them sprout into baby plants.



Easy Watermelon Recipes



These yummy watermelon recipes are perfect for kids to help make! Try refreshing watermelon popsicles on hot days, colorful fruit kabobs with watermelon chunks, or fun watermelon pizza topped with yogurt and berries. All recipes are simple, healthy, and delicious - perfect for our June Harvest of the Month celebration!



Thank you!

Thanks for learning about Watermelon with us! We hope you had fun exploring this juicy June fruit. Try the activities and recipes at home with your family!

