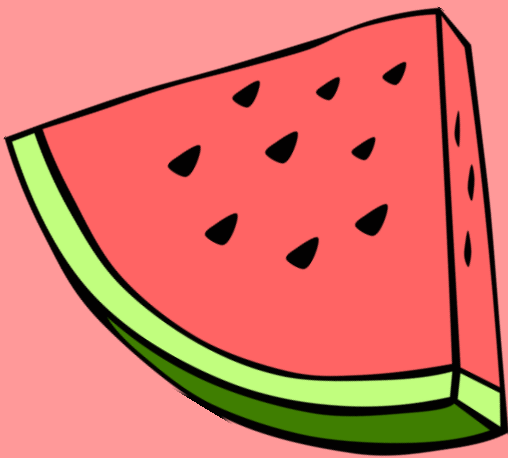


WATERMELON

Watermelon is

92% water,

meaning that eating watermelon can help to keep you hydrated!



Did you know...?

- Wild watermelons originated in southern Africa.
- China is the world's largest producer of watermelons.
- Watermelon is the official state vegetable of Oklahoma.
- There are **only 80 calories** and **ZERO grams of fat** in 2 cups of watermelon!

What do you think...is watermelon a fruit? Or is it a vegetable?

- It is a **fruit** because it grows from a seed.
- It is a **vegetable** because it is a member of the same family as the cucumber and squash.

So...if you answered that watermelon is **both** a fruit AND a vegetable, then you are right!

NUTRITION INFORMATION

Watermelon is a great source of...

- **Vitamin A**, which is important for eye health.
- **Vitamin B6**, which helps the immune system stay strong.
- **Vitamin C**, which boosts the immune system and helps the body fight infection and viruses!
- **Potassium**, which helps prevent against muscle cramps.