

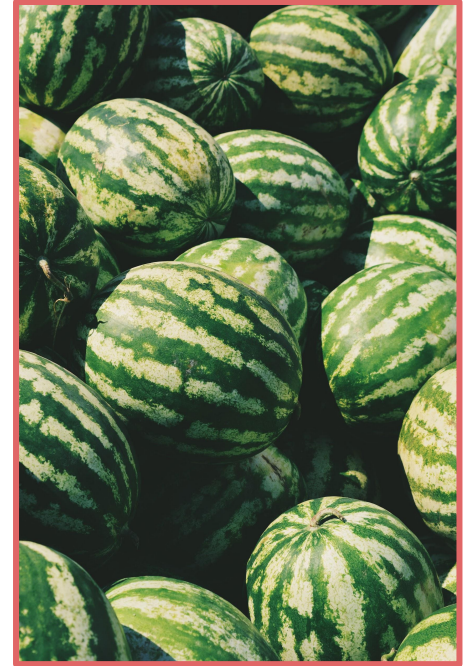
WATERMELON



Watermelons are large and oval. They are sweet and juicy. Some are red on the inside. Some are yellow on the inside. Watermelons usually have seeds. They can also be seedless. Watermelons are native to Southern Africa. They are related to cucumbers and pumpkins.

Watermelons are considered both a fruit and a vegetable. There are over 1,200 varieties of watermelon grown across 96 countries worldwide.

Every part of the watermelon can be eaten, even the rind and seeds. Watermelons are both tasty and nutritious! Watermelons are mostly water. They help your body stay hydrated. Watermelon is also a great source of vitamin A. Vitamin A is good for your eyes and skin.



Watermelon Lemonade

- 7 cups water
- 1 ½ cups sugar
- ½ tsp salt
- 2 cups lemon juice
- 2 cups ice
- 4 cups chopped watermelon



Bring the water, sugar, and salt to a boil in a pot on high heat, stirring occasionally. Remove pot from heat and set aside. Puree the watermelon in blender until smooth. Pour watermelon puree through a strainer into a pitcher. Stir in sugar water and lemon juice. Top with ice and enjoy!

**Watermelon is
Oklahoma's state
vegetable.**

Exploding Watermelon Volcano

STEP 1: Hollow out a small watermelon with a melon baller tool. Enjoy eating the watermelon!

STEP 2: To make your eruption for the watermelon volcano activity, add at least a half cup baking soda in to start.

STEP 3: Add a couple of squirts of dish soap.

STEP 4: Add in food coloring of your choice!

STEP 5: Pour vinegar straight into the watermelon and get ready to watch your watermelon erupt!



1. What causes the volcano to erupt?

2. Which ingredient is the acid in the reaction? _____

3. What gas is given off with the reaction? _____

4. What did the dish soap cause when the watermelon volcano erupted?



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watermelons
grow.



Watermelon Salsa

- 1 seedless watermelon (about 15 lbs)
- 1 green bell pepper - chopped
- 1 red bell pepper - chopped
- 1 yellow bell pepper - chopped
- 1 orange bell pepper - chopped
- 1 onion - finely chopped
- $\frac{1}{3}$ cup lime juice
- 1 bunch cilantro - finely chopped
- 1 tsp garlic powder
- 1 pinch of salt



Instructions:

Mix all ingredients together in a large bowl and enjoy! Add 2 jalapenos, seeded, diced, and chopped for a little spice!