William the Watermelon

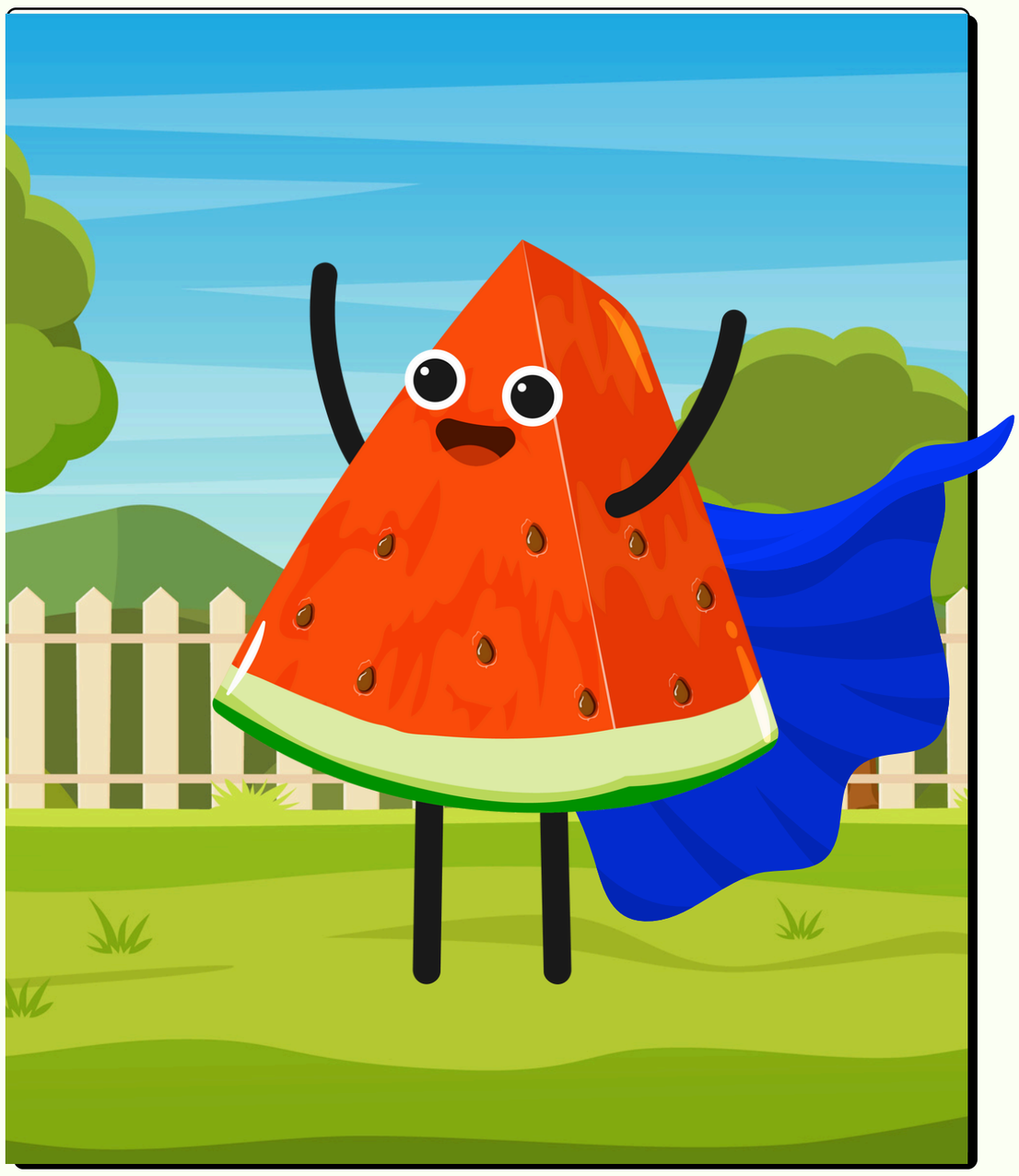
AUGUST

It's August and we are really excited to introduce our new Superhero fruit of the month!

Can you guess who I am?

Who Am I?

- I am big, round, and green on the outside with juicy, red fruit inside.
- I have lots of tiny black seeds (sometimes none at all!).
- I am super sweet, refreshing, and fun to eat on sunny days!



Did You Know?

- I am made up of about 92% water – that's why I'm so refreshing!
- I belong to the gourd family, just like pumpkins and cucumbers- we all grow on vines!
- I can grow to be over 20kg – that's heavier than a big dog!
- Watermelons originally come from Africa.

Where Can You Find Me?

- I love hot, sunny places to grow – like Spain, Italy, and the USA.
- In warm summers, I can even grow in greenhouses in Ireland or the UK.
- I grow on a vine that spreads along the ground.
- I'm the sweetest when I sound hollow if tapped!

Why You Should Eat Me?

- I help you stay **hydrated** because of all the water inside me.
- I contain **Vitamin A and C** – great for your eyes and immune system!
- I also have **antioxidants** like lycopene, which help keep your body strong and healthy.

Fun Ways to Eat Me

- Eat me in slices for a juicy snack!
- Add me to fruit salads or smoothies.
- Try watermelon popsicles – perfect for summer!

Turn over for a cool recipe!

LOW PROTEIN RECIPES

WATERMELON FRUIT SALAD

Exchange free

4 Servings



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Ingredients

- 2 big cups of watermelon (cut into small cubes)
- 1 cup of strawberries (cut in half)
- 1 cup of blueberries
- A few fresh mint leaves (optional – they smell nice!)
- A squeeze of fresh lemon or lime juice (just a little!)

Method

1. Wash all the berries and mint leaves with cold water.
2. Cut the watermelon into small cubes (ask an adult to help).
3. Slice the strawberries in half.
4. Mix all the fruit together in a big bowl.
5. If you like, add a small drizzle of honey or maple syrup, and a little squeeze of lemon or lime juice.
6. Gently stir everything so it’s all mixed.
7. If you want, sprinkle some mint leaves on top for extra freshness!