

# Watermelon

This fruit screams  
"Summer is here!"  
So grab this  
snack if you  
love summer!



Try it!  
Although its flavor is  
delicate-sweet, the  
juicy crispness is  
something you can't  
beat!

Fruit  
FUN!



## Fun Facts:

- They can grow very big - the largest one recorded was 350 lbs!
- Watermelon is just that, lots of water! 92% water in fact!



## Nutrition

Watermelon is a very good hydration snack, perfect for getting the extra water you need on a hot summer day! The nutrients it contains are beneficial for keeping your muscles working properly.

