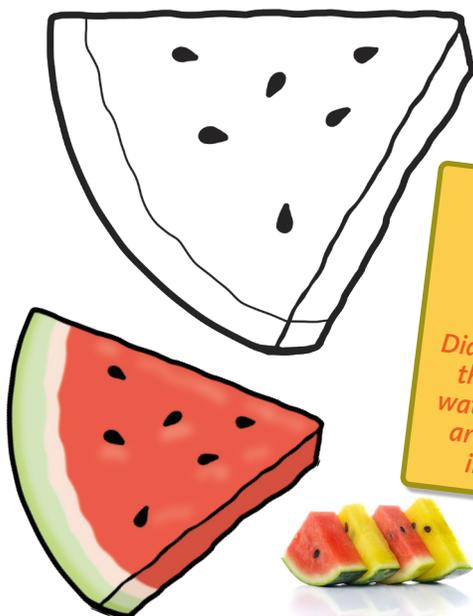




Fun With Watermelon!



Color in the watermelon!



Tell Me More
Did you know that some watermelons are yellow inside?



Did you know?

Watermelon gives us lycopene. It helps our bodies do lots of things—like fight germs—that keep us healthy and strong.

Take a guess!
What percent of a watermelon is water?



92%

Watermelon Salsa



Ingredients

- 2 cups small **watermelon** cubes, seeds removed
- ¼ cup sliced **green onions**
- ¼ cup **onion**, finely chopped (try red or sweet onion)
- 1 Tablespoon **vinegar**
- 1 Tablespoon chopped **cilantro**
- ¼ teaspoon ground **cumin**

Directions

1. Wash hands with soap and water.
2. In a medium bowl, mix all of the ingredients.
3. Refrigerate leftovers within 2 hours.

Notes:

Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.

Try lemon or lime juice instead of vinegar.

Try adding corn, chili peppers, or chopped avocado.

Makes: 2 cups

Prep time: 15 minutes



Food Hero Cooking Class Challenge

It's fun to taste food that you helped make!
You can help by:

- using a plastic knife or cookie cutter to cut watermelon into cubes or fun shapes.
- measuring ingredients.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.
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