Quick and Easy

The natural sweetness of watermelon makes it a favorite. Slice and eat melons as a refreshing snack or as a side dish at meals. Serve sliced or chopped melons with lowfat yogurt or cottage cheese. Try scooping fruit into melon balls. Freeze melon balls and enjoy as cold snacks on hot days.

**Watermelon Salsa**

Makes 8 servings. ½ cup per serving. 
Prep time: 15 minutes

**Ingredients:**
- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeno pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

**Nutrition Information** per serving:
- Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.
Traveling by foot is a fun, easy and affordable way to get moving and get outside. From a walk around the block to a mountain hike – there are a lot of new places to explore. Activities like hiking and walking have been shown to improve cardiovascular health and build stronger bones. Stay healthy by making physical activity a part of your family’s routine. Find forests and parks near you at discovertheforest.org/where-to-go

Get moving!

Paper Plate Watermelon Craft: Cut a paper plate in half. Let your child color the flat part of the plate red or pink. Color the curved part green. Paint or color little black seeds on the red or pink part of the plate. Count the seeds as you go and after you place them on your fruit.

Comparison Activity: Cut open a seeded and a seedless watermelon. How are they alike and how are they different? How many seeds in each one? What color are the seeds? What color is the flesh? Do they taste the same?

Produce Pointers:
- Select watermelons that feel heavy for their size. Turn it over. The underside should have a creamy yellow spot from where it sat on the ground and ripened in the sun.
- Store ripe, whole melons at room temperature.
- Wash watermelon with soap and water before cutting.
- Refrigerate cut melons in sealed containers. Use within three days.

FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition Look for Oregon Farm To School and School Garden Program under Associated Topics.