

Try a sweet and  
juicy watermelon  
today.



### HARVEST BITES

- Are Oregon watermelons on the salad bar this month?
- Circle all the meals that include watermelon.
- Draw a star next to all the meals you would like to eat.

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

## Just for Kids

**Unscramble the words below to see what colorful fruits and vegetables you can find.**

*Breakfast*

**ANNBAA**

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**NGOMA**

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*Snack*

**LPAPE**

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*Lunch*

**CROLBOCCI**

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**UPML**

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*Snack*

**RCOTRAS**

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*Dinner*

**EPSA**

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**EPEPPR**

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**MOLTRAWNEE**

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Choices: Carrots, Plum, Broccoli, Peas, Banana, Apple, Pepper, Watermelon, Mango

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES		
	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.



**GROWN IN OREGON**  
 Watermelon ranks number 26 of all products grown in Oregon. Melons grow best in hot, dry places like the Hermiston area, the Snake River Valley and the Medford area. Most of the watermelons grown in Oregon come from Umatilla County where the city of Hermiston is famous for its large, juicy watermelons.

### Healthy, Fit and Ready to Learn

■ Almost everyone needs to eat more fruits and vegetables. ■ Fruits and vegetables are critical to promoting good health. ■ When you eat fruits and vegetables, you show by example. Let your child see that you like to munch on fruits and vegetables. Say things like “Wow, that tastes good!”

