Watermelon Kebabs

INGREDIENTS (Serves 6)
18 1-inch cubes of seedless watermelon
6 cubes of smoked turkey breast
6 cubes of cheddar cheese
6 coffee stirrers or beverage straws

INSTRUCTIONS
Cut watermelon, turkey and cheese into equal-sized cubes and skewer on stirrers or straws.

Recipe courtesy of the National Watermelon Promotion Board

Word Search
There are 10 words about hidden summer in the box below. Can you find all of them? Words can be forwards, backwards, up, or down.

1. Beach
2. Sun
3. Play
4. Hot
5. Pool
6. Sunglasses
7. Camp
8. Splash
9. Sandals
10. Water

Acrostic
What do you love about summer? Create your own acrostic poem by filling in the blanks with words that describe summer! Use the letters of the word ‘summer’ to form the beginning letter of each line of your poem.

Fun Fruit & Veggie Fact: Did you know? Early explorers used watermelons as canteens.

Source: National Watermelon Promotion Board
Summer Fun Brainteasers

Can you complete all the games and activities? Put your summer smarts to the test and get started!

Fun Fruit & Veggie Fact: Did you know? Peppers come in many colors, including green, yellow, red, brown and purple. Source: Dole

Did you know? The average American eats 27 pounds of bananas each year! Source: Chiquita

Fun Fruit & Veggie Fact: Did you know? Darker green lettuce leaves are more nutritious than lighter green leaves. Source: Dole

Summer Crossword

ACROSS
1. Sweet and juicy—this fuzzy, round fruit makes a perfect snack! Just watch out for the pit in the middle.
4. Eat a slice of this fresh juicy, red veggie on your sandwich or add some to your salad.
5. Cool as a _______. This crisp veggie is a great summer snack.
6. These little blue guys are a great source of fiber and vitamin C. Grab a handful for a sweet snack.

DOWN
1. This round, purple fruit has plenty of fiber to keep you full during long summer days. It’s got a smooth skin and a pit in the middle!
2. This drippy pink fruit makes a great treat when it’s hot outside! Grab a slice and start snacking—it will keep you hydrated and happy!
3. You can eat this right off the cob—it’s delicious and extra-sweet in the summer.

ANSWERS ACROSS 1. Peach 4. Tomato


Made possible by:

National Watermelon Promotion Board
School Nutrition Association