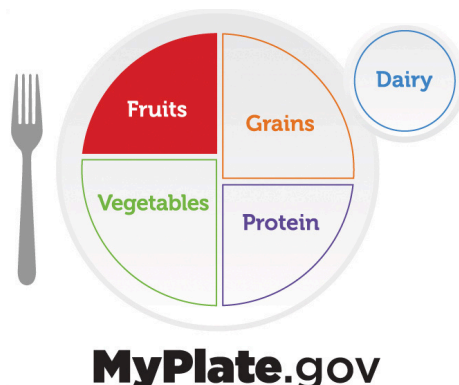


Harvest of the Month  
NEBRASKA

# Watermelon



**MyPlate.gov**

## FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Watermelons count as a fruit.  
Try watermelons and other colorful fruits to stay healthy!



## WHAT IS IT?

Watermelons are juicy fruits that grow in the summer in the U.S. They are sweet, refreshing, and full of water.

## FUN FACTS & TIPS



A famous kind of watermelon called Charleston Grey was created in the U.S. in 1954.



Most U.S. watermelons are grown in Florida, Georgia, Texas, and California!



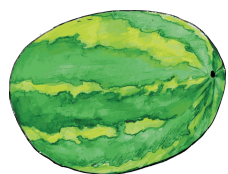
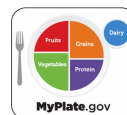
Cool off! Freeze slices of watermelon into “popsicles” for a sweet, icy treat.



Scan QR code to find more NE Team Nutrition resources.

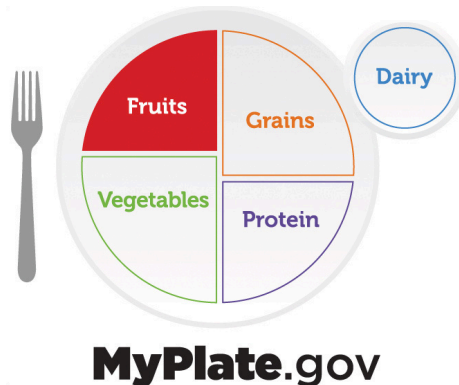


This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at [https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource\\_type%3A1177](https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177). This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.



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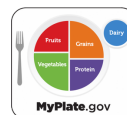
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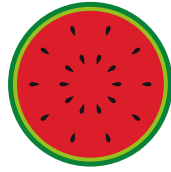


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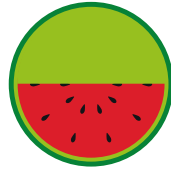


# WATERMELON FRACTIONS

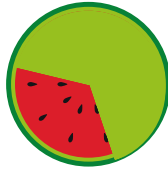
Look at each watermelon. Match the picture to the correct fraction that shows how much is red.



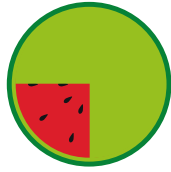
•  $\frac{1}{4}$



• 1



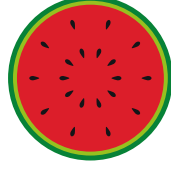
•  $\frac{1}{2}$



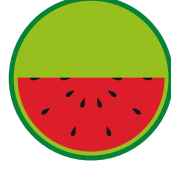
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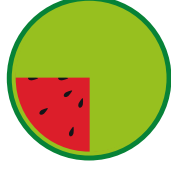
•  $\frac{1}{4}$



• 1



•  $\frac{1}{2}$



•  $\frac{1}{3}$