

Taste Test: Watermelon



Watermelon is a delicious summer melon with a thick, striped, green outside rind and a juicy, pink inside flesh. Watermelons grow on vines on the ground and are related to the cantaloupe, squash, and pumpkin. Watermelons have high water content and, with their lightly sweet taste, are perfect for quenching your summer thirst. Although the most common colour of the inside flesh of a watermelon is deep pink, there are varieties that are orange, yellow or even white.

Food Fact

Pink watermelon is a source of an antioxidant called lycopene (also present in tomatoes). Watermelons are also a source of vitamin C and are very low in sodium.

How to Choose:

- If you can see the interior of the watermelon, pick a watermelon with a deep pink flesh and no white lines.
- If buying an uncut watermelon, pick one that is heavy for its size with a smooth rind.
- Tip: make sure the watermelon you pick has a creamy yellow-coloured spot, this indicates the watermelon was ripened properly.

How to Prepare:

- There are many ways to cut a watermelon. The flesh can be sliced, cubed, or scooped into balls.

How to Store:

- Keep uncut watermelon at room temperature. Whole melons will keep for 7-10 days.
- Once cut, a watermelon must be kept in the fridge and will last about 3-4 days.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try watermelon again?

YES NO

Ideas for Serving Watermelon:

- Watermelon makes a delicious addition to any fruit salad.
- Puree watermelon and kiwi together and swirl into low fat vanilla yogurt for a delicious, healthy dessert.
- Make fruit kebabs with bite-sized pieces of watermelon, cantaloupe, kiwi, and grapes.

Watermelon Feta Bites

Makes 6 servings

Ingredients:

- 3 oz feta cheese, crumbled
- Handful fresh mint leaves
- 6 slices of watermelon
- Balsamic glaze
- Pink peppercorns, crushed

Directions:

1. Scatter cheese over watermelon slices.
2. Add fresh mint leaves.
3. Drizzle with balsamic glaze.
4. Sprinkle with pink popcorn.

Recipe adapted from

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/watermelon-feta-bites>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 30, 2012.