

TRY IT TUESDAY: WATERMELON



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

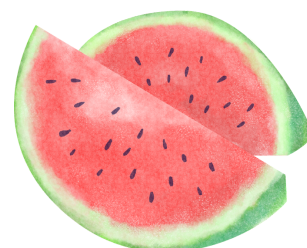
Health Benefits of Watermelon:

- Contains antioxidants which help protect cells.
- Protects joints from inflammation.
- Helps you stay hydrated.
- Supports eye health.
- Contains vitamin C.
- Improves digestion.



Cook Challenge:

- Try watermelon. You can even find frozen melon balls at some grocery stores. Brainstorm ways you could include watermelon in your diet.



Sous Chef Challenge:

- Visit chefs.org/recipes and choose one of our recipes featuring watermelon. Make the recipe at home and enjoy with your family!
 - Watermelon, Feta, and Mint Stacks
 - Grilled Watermelon Salad with Prosciutto
 - Watermelon Strawberry Popsicles
 - Watermelon Agua Fresca



Head Chef Challenge:

- Create your own recipe using watermelon!