

# Wonderful Watermelon



Watermelons come in over 1000 varieties. Seeds were found in the tombs of Egyptian Pharaohs. The worlds heaviest watermelon weighed 159kg (351lb). Watermelon is 91% water and 6% sugars. Vitamin C is the only significant vitamin in the fruit.



**Watermelon Slush:** Children can help with most of the prep for this refreshing drink. They will gain kitchen skills like, measuring, chopping, pouring and operating a blender. If you don't have a melon baller, just dice up the watermelon once it has been sliced.

## Ingredients:

- 1 small seedless watermelon
- 1 lemon
- 1 tbsp sugar or honey
- 1 cup Ice



## Step-by-Step

Cut watermelon in half. Use the melon baller to scoop out the watermelon fruit until you have 2 cups.

Cut the lemon in half. Squeeze one half on a juicer or by hand until you have 2 table-spoons of lemon juice.

Place the watermelon, lemon juice, ice and sugar into a blender. Blend for 3 minutes or until it turns slushy.

Pour into glasses. Make melon ball garnishes and slip onto the rim of the glass.