

Watermelon Pops

Watermelon is a favorite summertime treat of both children and adults. Watermelons are grown in 44 states, including Virginia. They are both a tasty and nutritious snack, being high in Vitamins A, B6, and C. This activity will give children the opportunity to help make a healthy snack using watermelons and other fresh fruits.



You will need:

- One watermelon, pureed (you may decide to do this at home prior to the activity)
- Ice cube trays or popsicle molds
- Popsicle sticks
- Chunks of fresh fruit (prepare before the activity as well), such as grapes, strawberries, or blueberries

How to:

1. Have children help you pour the prepared watermelon puree into the ice cube trays or mold.
2. Let children pick which types of fresh fruit they would like to add and then drops the chunks into the molds.
3. Place a popsicle stick in each.
4. Freeze until solid and then enjoy!

Suggested Books:

Watermelon Wishes by Lisa Moser
One Watermelon Seed by Celia Barker Lottridge
Fruits by Nancy Dickmann

Credit: National Watermelon Promotion Board, www.watermelon.org