

# Canary Melon



The fruit you are trying today is a Canary Melon. With a bright yellow skin, this plant was given the name of a bright yellow canary bird. Have you ever seen



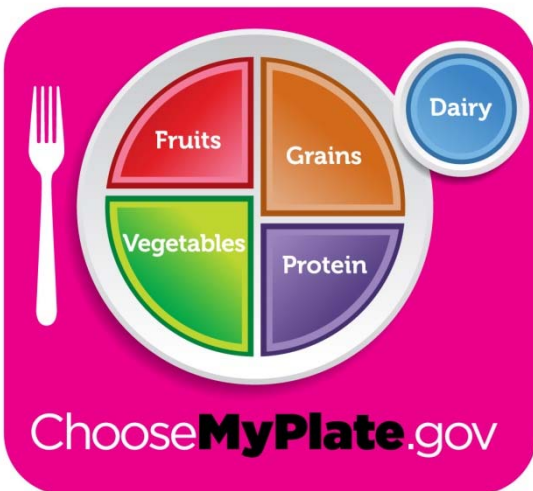
either of these?

Canary Melon belongs on the red, fruit section of My Plate. The part of the melon you eat is white. Taste it, it will be sweet and juicy.

**Body Benefits:** Melons, with high natural sugar, electrolytes and water is great for rehydrating after a vigorous workout. After playing hard, drink water and eat a snack of melon instead of a sports drink.



**Fun Fact:** Freezing melon and blending the frozen chunks makes a great slushy!



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