

Watermelon Quiz

How much do you know about watermelon?
Take this quiz and find out!

Test Your Watermelon Knowledge:

1. True or False? Uncut whole watermelon should be refrigerated.
2. True or False? Since you're not eating the rind, you don't need to wash the outside of a watermelon before cutting into it.
3. True or False? The red pigment in watermelon is a good source of the phytochemical lycopene.
4. True or False? The "belly" of a ripe watermelon should be yellow.
5. True or False? Like the name implies, watermelon is made of mostly water.
6. True or False? Watermelon does not really have any nutritional value.
7. True or False? Watermelon is a good source of potassium and sodium.

Answer Key:

1. FALSE: Uncut whole watermelon can be kept in a cool, dry place and does not need to be refrigerated. Stored this way, a watermelon will keep for 7-10 days at room temperature. Once cut, leftover watermelon should be covered and refrigerated. Use cut watermelon within 5 days.
2. FALSE: The outside rind of the watermelon should be washed before you cut into it. Bacteria found on the outside may easily be transferred to the interior during cutting. Before slicing up your watermelon, be sure to wash your

hands and wash the melon under cold running water. You may need to use a clean brush to help scrub off excess dirt.

3. TRUE: There may be up to 20 mg of lycopene in a two-cup serving of watermelon. Studies have shown that people with diets high in lycopene have a reduced risk of prostate, breast, and oral cancer. The redder the melon is, the more lycopene it contains.
4. TRUE: A yellowish spot on the underside or "belly" of a watermelon indicates that it is ripe. This spot should not be white or green -- if it is, then it means that the watermelon is underripe.
5. TRUE: A watermelon is 92% water, which makes it light in calories and a good tool for proper hydration. A two-cup serving of watermelon contains only 80 calories and counts for two servings of fruit.
6. FALSE: Watermelon is an excellent source of vitamins A and C. A 2-cup serving provides 25% of your needed daily Vitamin C and 30% of the needed Vitamin A. It's also a good source of vitamin B6 and contains 1 gram of fiber and 20 grams of natural sugar.
7. FALSE: Although watermelon is a good source of potassium, it is low in sodium, with zero fat and zero cholesterol.

