



Refreshing Watermelon Salad

Makes: 4 Servings

Ingredients:

- ◆ 1 cup fresh spring greens
- ◆ 1 cup fresh cilantro
- ◆ 1 cup fresh watermelon, cubed
- ◆ 1/2 cup red grapes, halved
- ◆ 1/4 cup walnuts, chopped
- ◆ 1/4 cup Feta cheese

Directions:

1. In a large salad bowl, mix all ingredients together.
2. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls.

Source: [What's Cooking? USDA Mixing Bowl](#)

Keeping Kids Hydrated!



Whether you're enjoying the swimming pool, playing at the park, or at the beach; it is important to keep kids hydrated during these hot summer months. Drinking plain water is one way of quenching thirst but there are also many other options to make hydration fun!

- ◆ **Drink often:** Offer small amounts of beverages often rather than loading up all at once. This will keep kids from filling up on liquids and not wanting meals. Keeping a constant flow of liquid can also help with dehydration.
- ◆ **Make it fun:** Try adding a fun straw or a crazy cup, a slice of lemon or ice cubes to keep kids interested in drinking.
- ◆ **Keep it cold:** Fill half a water bottle with water and put it in the freezer. When you are ready to take it out, add water to the rest of the bottle. This will keep it cold for longer.
- ◆ **Eat your fluids:** Serve juicy fruits and vegetables like watermelon, cucumbers, oranges and tomatoes. Foods with high water content are great for quenching thirst.

[Source](#)

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Refrescante ensalada de sandía

Rinde: 4 porciones

Ingredientes:

- ◆ 1 taza de hojas verdes frescas para ensalada
- ◆ 1 taza de cilantro fresco
- ◆ 1 taza de sandía fresca en cubos
- ◆ ½ taza de uvas rojas, cortadas a la mitad
- ◆ ¼ de nueces de castilla, picaditas
- ◆ ¼ de queso feta

Preparación:

1. Mezcle todos los ingredientes en un tazón grande para ensaladas.
2. Sirva sobre un platón y acompañe de panecillos de trigo integral.

Fuentes: [What's Cooking? USDA Mixing Bowl](#)

¡Mantenga a los niños hidratados!



Ya sea que estén disfrutando de la piscina, jugando en el parque o en la playa; es importante mantener a los niños hidratados durante estos calurosos meses de verano. Beber suficiente agua es una de las formas de saciar la sed pero también hay muchas otras opciones para hacer de la hidratación una ¡actividad divertida!

- ◆ **Beban líquidos con frecuencia:** ofrezca a los niños pequeñas cantidades de bebidas con frecuencia en lugar de llenarlos de una sola vez. Esto evitará que los pequeños se llenen de líquidos y no quieran comer alimentos. Mantener un constante flujo de líquidos puede ayudar también contra la deshidratación.
- ◆ **Hágalo divertido:** pruebe agregando un popote divertido o un vaso adornado, una rebanada de limón o cubos de hielo para mantener a los niños interesados en beber líquidos.
- ◆ **Manténgalos fríos:** llene una botella con agua hasta la mitad y métala al congelador. Cuando esté listo para salir llene el resto con agua. Esto mantendrá el agua fría por más tiempo.
- ◆ **Coma fluidos:** sirva jugos de frutas y verduras como sandía, pepinos, naranjas y tomates. Alimentos con un alto contenido de agua son excelentes para saciar la sed.

[Fuente](#)

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