



## Descriptive Essay on Watermelon

Here you have a Descriptive Essay on Watermelon Let's start with the Introduction.

### Introduction

Watermelon is a juicy, sweet, and excellent fruit. It is trendy among all ages, whether children, adults, or adults. It satisfies the need to turn off the summer because of what is known as a summer cooler. Its cooling agents provide relaxation in the scorching sun. Different colored watermelons taste a little different because of something that gives them their color.

The red color of watermelons is due to the lycopene present in them. The amount of lycopene present in watermelons determines the color of watermelons Watermelons are a variety. Some have a crust on the outside and a reddish-pink flesh on the inside, while others have a yellow flesh on the inside.

This is because the different enzymes present in it bring out their diversity of color, taste, and size. Meat can contain seeds, depending on the variety of fruit. Watermelon's outer rind is not edible but can be used as a vegetable. The skin can also be soaked in water to be stored after adding preservatives. Mostly watermelons are round, round, or oblong and come from a vine-like plant. They usually grow in creepers, but creepers are not mountains.

Watermelons are big and heavy. Therefore, the tendrils are not strong enough to carry the weight of the rich fruit. Vitamin A, vitamin C, vitamin B6, and vitamin B1 are abundant in watermelons. They also have high potassium, magnesium, carotenoid antioxidants, and lycopene.

It is composed of 92% water and 6% sugar. China is a leading producer of watermelons. Watermelons are very low in calories but have high vitamins, minerals, and antioxidants.

### Health benefits of watermelon

Watermelons contain lycopene which is essential for our cardiovascular system. It aids in blood flow and thus improves blood pressure. It also helps our bones contain the potassium needed to store calcium. In this way, it gives strong bones and joints. It also helps to prevent osteoporosis.

Low calorie helps reduce body fat. Watermelon contains citrulline, which reduces fat accumulation in fat cells.

Trainers and fitness freaks are often recommended. It gives you a full feeling and taste and helps to stick to food. Water content increases metabolic functions and thus is very helpful in mimicking waste. This, in turn, strengthens a person's weight.



Potassium is a natural electrolyte found in watermelons. It helps to control muscles such as contraction and expansion in our body. Muscle health remains the same. Cramps can be effectively treated by incorporating healthy foods into our eating habits.

Due to joint weakness, cramps usually occur in the elderly, and watermelon helps them treat cramps and several heart ailments, joint pains, muscle aches, etc. Diabetes can be a problem that can be treated by eating watermelon.

It ensures that it relaxes the taste buds but does not inject sugar into the system as the body cannot cope with the sugar load due to variations in insulin production.

A fully ripened watermelon contains compounds with anti-inflammatory properties. So it also prevents the body from overheating.

Lower acidity and strengthen the immune system.

Existing beta-carotene melon is converted to vitamin A after it enters our bodies, beneficial for our skin, eyes, and teeth.

Therefore, watermelon indirectly helps to improve vision. Watermelons are recommended by ophthalmologists worldwide for the treatment of vision-related problems.

Watermelons provide much-needed nutrients and strength for the eyes to function.

Watermelon removes toxins from our system and dumps all waste in the form of sweat and faeces.

Eating watermelon is like an interval running session as it rejuvenates the organs and leaves the body in a state of strength and health.

Watermelons have high water content. Eating it increases urine flow and removes fluid from the body

Vitamin C found in watermelon helps in the healing of ulcers and as it boosts the immune system by rejuvenating sleeping white cells.

It also provides water to our bodies on hot summer days. Watermelon juice contains electrolytes that help prevent heart disease.

Every year when the kink touches the peak in the summer, people sweat and die. There have been reports of people suffering from heatstroke or, in extreme cases, from the intolerable heat of the sun.

Watermelon is the season's fruit and is very popular in summer because of its cooling properties.

Consumption of watermelons increases significantly in the summer and is usually less in some months, leading to its delivery.



Drinking watermelon juice before strenuous exercise helps athletes relieve muscle pain, regulate blood flow, and maintain a high heart rate.

It contains an essential fibre in our digestive system. Dietary fibre is not a vitamin or mineral in itself but is very helpful in digestion.

## Conclusion

There are 1,200 varieties of artificial watermelon so far. Lloyd Bright in Arkansas, USA, planted the heaviest watermelon.

Its weight was estimated at 121.93 kg. Watermelon is an official Oklahoma vegetable that demonstrates the importance of using watermelon.

This fruit can be divided into fruits and vegetables. It grows from seed, which is why it is considered a fruit.

It is considered a vegetable because it belongs to the pumpkin's cucumber family. It can be grown in the fields as a vegetable.

Watermelons are popular with everyone. The green beauty tastes impressive and has some unique health benefits. Compatriots, if you have never had a watermelon so far, you should try it.

It is worthy of praise. Watermelon will always be my favourite fruit because of its rich and juicy taste, which tempts me to enjoy it every time I use watermelon.

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