

Meadow junior named All-District MVP

Meadow junior Brandon Flores was recently named Defensive Most Valuable Player for the Six-Man All-District 1st Team.

Other Broncos named All-District included:

- Offense**
 Tight End - Alan Estrada, senior
 Wide Receiver - Rafael Urias, senior
 Utility Back - Brandon Flores
 Kicker - Rafael Urias
Defense
 Noseguard - Eddie Hernandez,

- sophomore
 Defensive Lineman - Andrew Castillo, senior
 Linebacker - Rafael Urias
 Utility Player - Alan Estrada

Broncos honored in the All-District 2nd Team were:

- Offense**
 Center - Brady Tekell
 Quarterback - Christian Herrera, senior
 Running Back - Andrew Flores, senior

- Utility Back - Evan Esparza, senior
Defense
 Defensive Lineman - Cesar Retana, senior
 Linebacker - Jonathan Flores, junior
 Safety Meadow - Mason Davila, sophomore
Honorable Mention:
 Tight End - Zach England, senior
 Center - Luis Torres, junior



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Kid Scoop THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

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HARVEST OF THE MONTH CITRUS

Did you know...

- Almost 90% of the orange crop in the U.S. is used to make frozen orange juice concentrate.
- During the California gold rush of 1849, miners would pay \$100 or more for a single lemon.
- One half of a grapefruit provides you with 100% of the vitamin C you need for a whole day.

Vitamin C to the Rescue

Vitamin C helps boost your body's immune system, which is your body's toolkit for fighting off infections and viruses. It can help you recover from colds and flu. This vitamin is especially important in the winter, during flu season.

Hold this page up to a mirror to read this message:

is pntias sllil e'tl enidnue to tid slttil srters no wshs ysb no !nu! yns t'nei

ZESTY CITRUS SALAD

This salad is a wintertime treat and refreshing in the summer, too!

With an adult, chop 5 cups of salad greens.

Add chopped slices of orange, tangerine and grapefruit.

Make dressing by blending equal parts oil, vinegar and grapefruit.

Top the tossed salad with the zesty dressing and sliced almonds.

Grapefruit Goodies

California and Arizona grown grapefruit are in peak season during the winter through the spring. Loaded with vitamin C and other important nutrients, grapefruit is enjoyed most often as a breakfast food. People often eat half of a sliced grapefruit using a spoon.

Make a tangy treat by pouring grapefruit juice into an ice cube tray and freezing it. Yum!

Follow the maze from the orange to the juice.

How many lemons can you find?

My Darling Clementines

Clementines are small, mandarin oranges that were introduced into North America in the early 1900s. (Mandarin orange is a term that applies to citrus fruit including clementines, tangerines and satsumas.) Clementines are easy to peel, usually seedless and they make a healthy, refreshing addition to your lunch.

Two clementines are equal to one cup of fruit. Kids need 2 1/2 to 5 cups of fruit servings each day.

Circle every third letter below to discover a nickname for clementines.

**BACDRHSQRKNIMPSDX
 TBWMLPAITSBGOJSRW
 VATYNHYGCPEWAS**

Describe a Citrus

Look through the newspaper and find five or more adjectives that describe your favorite citrus fruit. Use these adjectives to write an advertisement to encourage other children to try it.

Standards Link: Writing: Write to communicate ideas.

Kid Scoop Puzzler

One of the foods with the most vitamin C, the **Kakadu plum**, is a fruit grown in Northern Australia.

Add up the numbers to find out how many oranges you would have to eat to get the amount of vitamin C found in just one Kakadu plum.

Standards Link: Number Sense: Calculate sums and differences.

Double Double Word Search

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

WINTERTIME GRAPEFRUIT HARVEST VITAMIN CITRUS ORANGE LEMONS MINERS SPOON TREAT TANGY PEEL CROP RUSH OIL

E G N A R O C L C N
 V S L H E M R I O E
 I M U A L N O O T T
 T I U R F E P A R G
 A N I V T S M E N E
 M E S E T I A O E R
 I R U S H T C E N L
 N S A T A N G Y T S
 E M I T R E T N I W

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

Find a wealth of fun facts about citrus and a game to plant your own orchard at www.kidscoop.com/kids

Recipe Changes

Find a recipe in the newspaper. Rewrite it to double the recipe. Rewrite it again so that there would be enough to feed your entire class.

Standards Link: Math: Add whole numbers and fractions.

What do you get by feeding lemons to a cat?

ANSWER: A sour nos

Kid Scoop Together: Foods with Vitamin C

Check off the ones you eat, and put a smiley face next to the ones you really like.

- Strawberries
- Peppers
- Lemons
- Brussels sprouts
- Oranges (orange juice counts!)
- Kiwis
- Broccoli
- Clementines
- Tomatoes
- Raspberries
- Cabbage
- Peaches
- Potatoes (especially baked)
- Mangos

Standards Link: Reading Comprehension: Follow simple written directions.

Can you eat too much vitamin C?

Vitamin C is called a **water soluble** vitamin. This means that your body will use what it needs and release the rest when you go to the bathroom. Since your body doesn't build up a secret stockpile of vitamin C and your body cannot store it, you need to eat foods rich in vitamin C every day.

Make a Fizzy C

Want to make orange juice a bit more exciting? Add a bit of plain soda water to it and enjoy a fizzy, vitamin C-packed drink any time of the day!

Kid Scoop-doku

Complete the grid by using all the letters in the word CITRUS in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

	T			
R	C			U
	U			
U	C			T
C	I	T	R	S

Write On! Apples to Oranges

Write a paragraph comparing an apple to an orange. How are they the same? How are they different?

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