

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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Kid Scoop Together: Fill In The Blanks

Ask a friend to give you each type of word. Fill in the blanks and read the story aloud for some silly fun.

Loopy Lunch

Last Friday, something very strange happened in the school cafeteria. Instead of the regular menu, they served _____ PLURAL NOUN _____ and _____ PLURAL NOUN _____ PLURAL NOUN _____.

Students had to _____ VERB _____ in a very long line to get their _____ ADJECTIVE _____ lunch. This caused a lot of confusion, so they were instructed to _____ VERB _____ in line instead.

Later, Britney McHale slipped on some spilled _____ PLURAL NOUN _____ and her tray went flying through the _____ NOUN _____. Students were completely covered in gobs of _____ ADJECTIVE _____ PLURAL NOUN _____.

Our principal tried to calm everyone. He spoke into the _____ ADJECTIVE _____ NOUN _____, but everyone was too busy trying to _____ VERB _____ through the mess. Our custodian used a _____ ADJECTIVE _____ PLURAL NOUN _____ to mop up the spill, which seemed really strange, but it worked.

I'm pretty sure that's the last time they will allow _____ ADJECTIVE _____ PLURAL NOUN _____ to prepare the school lunches!

Standards Link: Grammar: Understand and use nouns, adjectives, verbs and interjections in writing and speaking.

Kid Scoop-doku

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

S	O			G
T	N	R		
R	G			N
O			G	
N	R		O	
G	N			T

HARVEST OF THE MONTH SPINACH

Use the code!

■ = FROZEN	■ = C
■ = WISCONSIN	■ = K
■ = CANADA	■ = A
■ = CALIFORNIA	■ = D

- ### Did you know...
- is the leading producer of spinach in the United States.
 - Spinach is an important way for kids to get Vitamin K ■.
 - Spinach was the first ■ vegetable to be sold back in 1930.

Vitamin

Vitamin K is the clotmaster! Remember the last time you got a cut? Your blood did something special called clotting. This is when certain cells in your blood act like glue and stick together at the surface of the cut to help stop the bleeding.

Spinach is a great source of Vitamin K!

SPINACH RAISIN SALAD

6 oz. raw spinach
 1/4 cup raisins
 2 tbsp olive oil
 2 tbsp orange juice
 1 tbsp vinegar

Wash and dry 6 ounces of raw spinach.

Add 1/4 cup raisins (or other dried fruit).

Make a dressing by mixing olive oil, orange juice and vinegar.

Toss and serve for a fresh, crunchy, sweet treat!

Strong to the Finish

When this spinach-munching cartoon character made his debut in 1929, spinach became the third most popular children's food after turkey and ice cream. Circle every other letter to discover his name, then write it on the spaces.

P **J** **O** **S** **P** **T** _____
E **M** **Y** **V** **E** _____
W **T** **K** **H** **G** **E** _____
L **S** **P** **A** **Q** **I** **F** _____
L **T** **O** **Y** **R** **M** _____



Market Math

Sam owns a restaurant and likes to use lots of fresh fruits and vegetables in the dishes he serves. Look at Sam's shopping list. Then read the prices of the produce at the market. How much will it cost him to buy the fruits and vegetables he wants?

SHOPPING LIST

8 pounds of spinach
 6 pounds of apples
 4 pounds of lettuce
 5 pounds of tomatoes
 3 pounds of onions
 7 pounds of strawberries
 TOTAL: _____

<p>STRAWBERRIES \$2.00 per pound</p>	<p>TOMATOES \$1.20 per pound</p>
<p>SPINACH 50¢ per pound</p>	<p>ONIONS 60¢ per pound</p>
<p>APPLES 80¢ per pound</p>	<p>LETTUCE 30¢ per pound</p>

Plants Parts Diet

Find and cut out examples of fruits and vegetables in a newspaper's grocery ads. Sort them into roots, stems, leaves, flowers, fruits, and seeds. Label each group.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

Replace the missing words.

Powerfully Tasty!

Popeye was said to get his _____ from spinach because it has a lot of iron. However, Popeye didn't realize that much of the _____ in spinach can't be used by the human body. But spinach does have a lot of other very good things for your body!

- Spinach has lots of _____ and minerals! (vitamin C, beta carotene, folate—one of the B vitamins, vitamin B6, vitamin E, magnesium and potassium)
- Spinach is high in dietary _____.
- Spinach contains something called *zeaxanthin* which is important for keeping _____ healthy.

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

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

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

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

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 www.kidscoop.com

Agriculture Works!

Not only does our agriculture industry feed us, it also employs millions of people. Look through the newspaper and find jobs that are directly or indirectly related to agriculture.

Standards Link: Research: Use the newspaper to locate information.

Why did the banana go to the doctor?

ANSWER: Because he wasn't peeling well.

MILES OF SMILES! Lots more jokes & fun at www.kidscoop.com

Write On! Spinach Power

Why eat spinach? What does it do for you?

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