

# Mighty Vitamin C

**Vitamins** give you the fuel to do the things you love to do everyday. Fresh fruits and vegetables that soaked up sunshine while they grew are now full of vitamins. Vitamin C is one of these vitamins – and also one of the most exciting!

## Why Vitamin C?

Have you ever gotten a scrape on your knee, and soon after, the skin started growing back? Faster than you can say **ascorbic acid\***, your knee was good as new.

You owe that to vitamin C; it helps your body heal cuts and scrapes quickly, so you won't have to wear bandages forever!



How many differences can you find between these two pictures?

\*The technical term for vitamin C.










## The Helper Vitamin



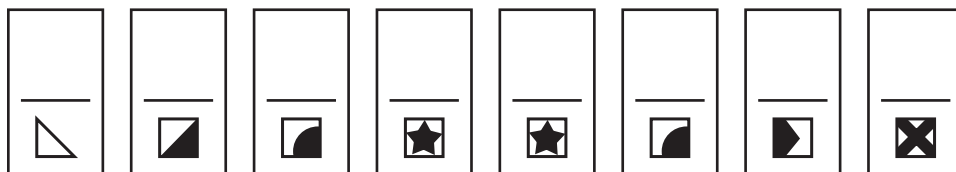
Our friend vitamin also helps your absorb **calcium**, a nutrient your body gets from milk, cheese and other foods. Calcium helps your bones grow strong and keeps your teeth healthy.

Orange juice packs a wallop of vitamin C. But oranges are just one of the many foods that can give you this important nutrient.

Use the code to find out which food has almost **twice** as much vitamin C as an orange!

<b>A</b> = 	<b>H</b> = 	<b>O</b> = 
<b>B</b> = 	<b>I</b> = 	<b>R</b> = 
<b>C</b> = 	<b>L</b> = 	<b>S</b> = 

You may know our good ol' pal vitamin C best from the orange juice you drink.



**Standards Link:** Health: Understand the basic concepts about nutrition and diet.

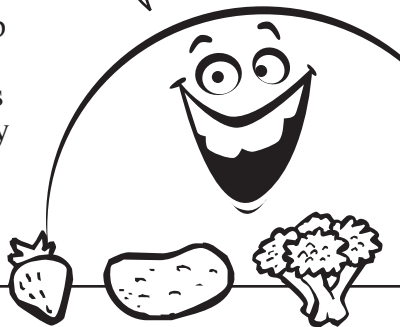
Name: \_\_\_\_\_

## 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:

!nuv yns t'nei  
 sgnidnuv fo tid slttil  
 s pntits skil e'tl  
 sgnidnuv fo tid slttil  
 sgnidnuv fo tid slttil



## 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!

## 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.

## The Sad Fate of Pirates

Today, you can find fruits and veggies at your local supermarket. But it wasn't always so easy to get vitamin C.

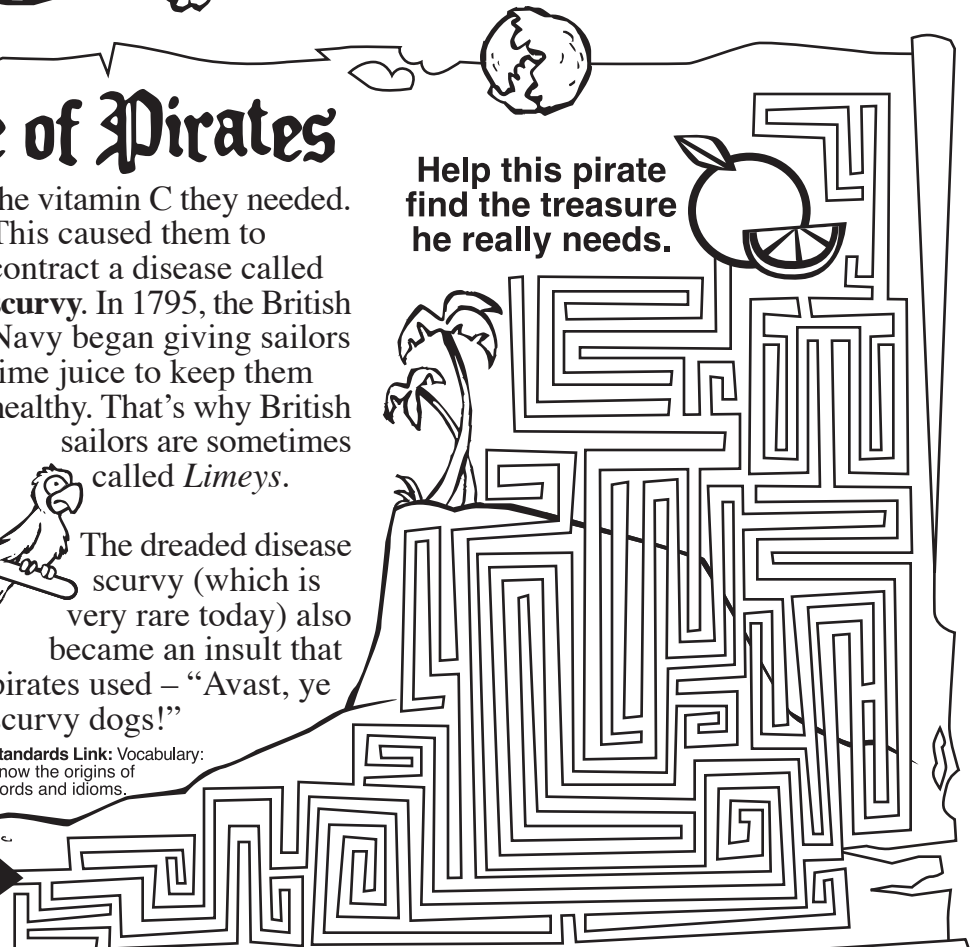
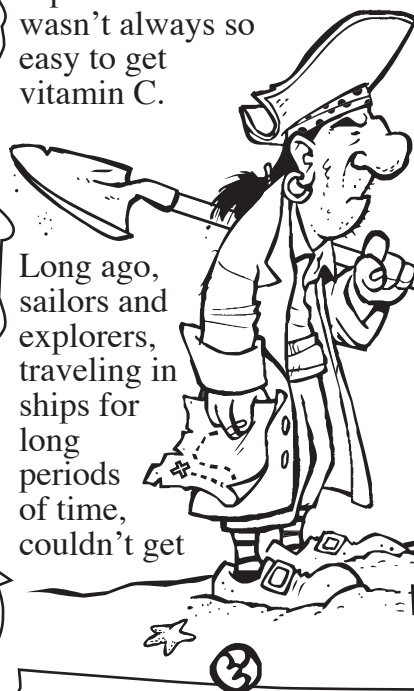
Long ago, sailors and explorers, traveling in ships for long periods of time, couldn't get

the vitamin C they needed. This caused them to contract a disease called **scurvy**. In 1795, the British Navy began giving sailors lime juice to keep them healthy. That's why British sailors are sometimes called *Limeys*.

The dreaded disease scurvy (which is very rare today) also became an insult that pirates used – "Avast, ye scurvy dogs!"

**Standards Link:** Vocabulary: Know the origins of words and idioms.

Help this pirate find the treasure he really needs.



Name: \_\_\_\_\_



**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.

- |   |  |
|---|--|
| <input type="checkbox"/> Strawberries                   | <input type="checkbox"/> Clementines                 |
| <input type="checkbox"/> Peppers                        | <input type="checkbox"/> Tomatoes                    |
| <input type="checkbox"/> Lemons                         | <input type="checkbox"/> Raspberries                 |
| <input type="checkbox"/> Brussels sprouts               | <input type="checkbox"/> Cabbage                     |
| <input type="checkbox"/> Oranges (orange juice counts!) | <input type="checkbox"/> Peaches                     |
| <input type="checkbox"/> Kiwis                          | <input type="checkbox"/> Potatoes (especially baked) |
| <input type="checkbox"/> Broccoli                       | <input type="checkbox"/> Mangos                      |

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**Standards Link:** Reading Comprehension: Follow simple written directions.

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## Colorful Vitamin C

Look at the list of foods that are high in vitamin C in the Word Search list. Using one page of the newspaper, find the letters to spell every word. Circle each letter, and then connect the circled letters with different colored lines.

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**Standards Link:** Spelling: Spell grade-level appropriate words correctly.

Name: \_\_\_\_\_

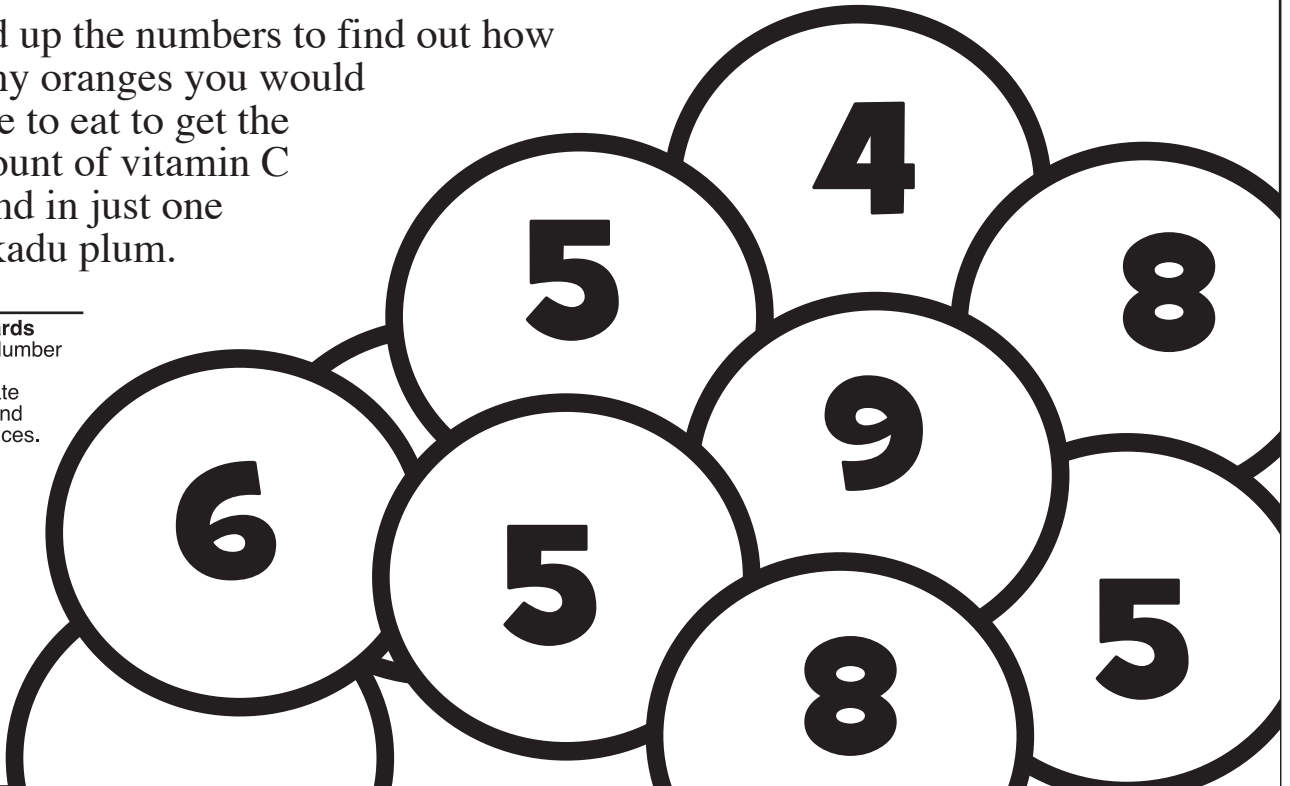
## Puzzler



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.



## Kid Scoo-doku™

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

O		G			R
R			G		
A	O			G	
N			O		
G		A			
E			A		O

## Kid Scoop

### VOCABULARY BUILDERS

This week's word:

# NUTRIENT

The noun **nutrient** means a substance that provides nourishment for health.

Vegetables contain important **nutrients** for a healthy body.

Try to use the word **nutrient** in a sentence today when talking with your friends and family members.



## Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.  
Then see how many of these words you can find in today's newspaper.

STRAWBERRY

BROCCOLI

BRUSSELS

SPROUT

CABBAGE

TOMATO

KIWI

ORANGE

PEACH

PEPPER

POTATO

RASPBERRY

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

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

## WEB SITE recommendations from the Kid Scoop Librarian

### Why Kids Need Vitamins

[kidshealth.org/kid/stay\\_healthy/food/vitamin.html](http://kidshealth.org/kid/stay_healthy/food/vitamin.html)

A KidsHealth.org article explains the importance of vitamins to kids.

### Food Facts

[nms.on.ca/Elementary/fun\\_food\\_facts.htm](http://nms.on.ca/Elementary/fun_food_facts.htm)

Fun food facts. Did you know that ice cream is Chinese food?

### Vitamins and Minerals

[library.thinkquest.org/03oct/00923/vitaminer1.htm](http://library.thinkquest.org/03oct/00923/vitaminer1.htm)

A delightful and very playful introduction to vitamins and minerals.

## BOOK recommendations

### You Are What You Eat

by Sharon Gordon

Discusses basic facts about nutrition, the food pyramid, and the importance of making healthy food choices.

### Healthy Eating

by Cath Senker

Contents: What foods should I eat? -- What foods give you energy? -- Why are fruit and veg healthy? -- Do I have to drink milk -- Are meat and fish good for me? -- Why can't I eat crisps every day? -- What's wrong with fizzy drinks? -- What if I'm vegetarian? -- What are special diets? -- Glossary and index -- Finding out more.

### My Amazing Body: A First Look at Health and Fitness

by Pat Thomas

A lively picture book explores the importance of a good diet and exercise, and encourages kids to make positive decisions about caring for themselves.



There's lots more great information for KIDS, TEACHERS and PARENTS at [www.kidscoop.com](http://www.kidscoop.com)

Discover More on Kid Scoop topics, links to kid-safe websites, interactive quiz, poll for kids, games, word searches, book and web recommendations, jokes, recipes, answers and a whole lot more.

# When emergencies happen, we've got you covered.

Whatever your family's emergency need, St. John Providence has several emergency and urgent care locations. Or, if you need a physician for ongoing medical needs, please call Health Connect at 866-501-DOCS (3627).



## 24/7 Emergency locations

**St. John Macomb-Oakland Hospital Macomb Center**  
11800 E. 12 Mile (at Hoover), Warren  
586-573-5059

**Oakland Center**  
27351 Dequindre (N. of 11 Mile)  
Madison Heights  
248-967-7660

**St. John Hospital and Medical Center**  
22101 Moross (at Mack), Detroit  
313-343-3400

**Providence Hospital**  
16001 W. 9 Mile Road (at Greenfield)  
Southfield  
248-849-3331

**Providence Park Hospital**  
47601 Grand River Ave (at Beck), Novi  
248-465-4210

**St. John Medical Center - Macomb Township**  
17700 23 Mile (at Romeo Plank)  
Macomb Twp.  
586-416-7520

**St. John River District Hospital**  
4100 River Road, East China  
810-329-5350

Please call the site for hours of operation or visit [stjohnprovidence.org](http://stjohnprovidence.org)

## Urgent Care locations

### LIVINGSTON COUNTY

**Health Urgent Care**  
30488 Milford Road, New Hudson  
248-437-4625

**Urgent Care, Brighton**  
2300 Genoa Business Park, Brighton  
810-844-0400

### MACOMB COUNTY

**St. John Medical Center-Macomb Twp.**  
17700 23 Mile Road (W. of Romeo Plank)  
Macomb Township  
586-416-7520

**St. John Medical Center - Harrison Twp.**  
25990 Crocker Blvd. (at Metro Parkway)  
Harrison Township  
586-466-5466

**St. John Medical Center - Masonic**  
21099 Masonic, St. Clair Shores  
586-296-6213

**After Hours Medical Care (adult)**  
21000 E 12 Mile Road (at Little Mack)  
St. Clair Shores  
586-447-5130

**Cornerstone Macomb Urgent Care**  
46591 Romeo Plank, Suite 133  
Macomb Township  
586-226-6161

**Eastside Pediatric Urgent Care**  
21000 E. 12 Mile Road (at Little Mack)  
Suite 105, St. Clair Shores  
586-498-3605

**St. John Medical Center - Windemere Park**  
31700 Van Dyke Ave., Warren  
586-276-8200

### OAKLAND COUNTY

**Rochester Medical Group**  
3950 S. Rochester Road, Rochester Hills  
248-844-6000

**Western Wayne Urgent Care**  
2050 N. Haggerty Road, Suite 140, Canton  
734-259-0500

**Novi Urgent Care**  
44000 W. 12 Mile, Suite 101, Novi  
248-374-3595

### ST. CLAIR COUNTY

**River District After Hours Medical Care**  
4100 River Road, East China  
810-329-5350

### WAYNE COUNTY

**Samaritan Urgent Care**  
5575 Conner (East of I-94), Detroit  
Phone: 313-924-0000

**Conner Creek Urgent Care**  
4777 E. Outer Drive (E. of Van Dyke), Detroit  
313-369-5690

**Riverview Urgent Care**  
7733 E. Jefferson, Detroit  
313-499-4000

**Woodland Urgent Care**  
22341 W. Eight Mile Road (at Lahser), Detroit  
313-387-8700

**Livonia Urgent Care**  
37595 Seven Mile Road, (at Newburgh)  
Livonia  
734-542-6100