

# Viva Kids

Winter 2009

## Co-o-o-ld Weather!

All precipitation starts out as **snow** or **ice** up at the cloud-level, even in **warm** places!



By the time it falls to us on the ground it may turn into rain, freezing rain, sleet, or snow. We get **rain** when the frozen precipitation falls into a big layer of warm air that extends all the way to the ground. It melts and falls as rain. **Freezing rain** happens when the melted rain falls through a shallow layer of cold air near the earth's surface, causing it to freeze when it hits the ground. This causes big ice storms in some areas. **Sleet** is falling ice pellets, which occur when snowflakes melt into rain as they pass through a thin layer of warm air. The raindrops then refreeze into ice when they fall through colder air near earth. **Snow** is frozen precipitation in the form of a 6-sided ice crystal. In order for us to get snow, all or most of the atmosphere must be below freezing.

**Snow Trivia:** Ten inches of snow will melt into only one inch of water!

Source: [www.theweatherchannelkids.com](http://www.theweatherchannelkids.com)

### Study Tips for Success



Draw pictures to remind you of what you learned before tests.

Make sure you get 8 -10 hours of sleep a day to be well rested!

## Winter Wonder

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

snow mitten skate cocoa  
ice sled hats

## Things to Do:

Build a snowman  
Track your favorite winter team  
Make paper snowflakes  
Go ice (or roller) skating  
Read a good book  
Build a cozy indoor fort  
Make popcorn necklaces  
Drink hot cocoa  
Do a jigsaw puzzle

Make sure to bundle up whenever you go out in the cold!



# Healthy Treats for Winter



## Baked Apples (in your microwave!)

### Ingredients

- 2 apples
- 2 tbs brown sugar
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 2 tsp butter
- 1/4 c dried fruit (optional)



### Instructions

Core the apples, leaving the bottom intact. In a bowl, mix the brown sugar, nutmeg, cinnamon, and dried fruit. Spoon the sugar mixture into the apples and place a teaspoon of butter on top of each apple. Place the apples in a deep casserole dish and cover. Microwave for 3 1/2 to 4 minutes or until tender. Let the apples cool for a couple of minutes before eating!

Recipe yields: 2 baked apples

Source: [Allrecipes.com](http://Allrecipes.com)

## Snowman Trail Mix

### Ingredients

- 1 c pretzels or pretzel sticks
- 1 c reduced fat cheese crackers
- 1 c peanuts (or other nut, if allergic)
- 1 c dried fruit (apricots, raisins, cranberries, etc)
- 1/2 c mini marshmallows
- 1/2 c chocolate chips

### Instructions

Mix together and feel free to substitute cheese crackers with other ghoulish treats!

Yields: 2 plastic sandwich bags worth of goodness

Source: [Suite101.com](http://Suite101.com)



# What are your favorite winter activities?

