



FOOD FOR THOUGHT:

Gracious Grapefruit

GRAPEFRUIT FUN FACTS:

- Grapefruit is a citrus fruit that has a sweet yet tart taste.
- Citrus is a category of fruit that has a thick rind and pulpy center.
- Grapefruit is a cross between the pomelo and a sweet orange.
- The flesh of the grapefruit comes in all shades of colors including red, pink, and white. The skin ranges from green to gold.
- Florida is the leading producer of grapefruit in the US.
- In Texas, grapefruits are in season during the months of October through May.



TRY THIS AT HOME!

- Enjoy grapefruit fresh on its own
- Juiced or blended in a smoothie
- In a yogurt parfait
- In a mixed fruit cup



DID YOU KNOW?

- The official state fruit of Texas is the Ruby Red Grapefruit!
- The grapefruit was originally called "the forbidden fruit."
- Grapefruits are grown all over the world, but the grapefruit originated in Barbados



TRIVIA QUESTION:

Grapefruits get their name because they grow ____ just like grapes...

A IN CLUSTERS **B** ON BRAMBLES **C** ON BUSHES **D** UNDERGROUND

Flip page for answer *



GRAPEFRUIT STRAWBERRY POPSICLES

Servings: 4

Ingredients:

- 1 cup water
- $\frac{3}{4}$ cup granulated sugar
- 18-22 fresh strawberries
- $\frac{3}{4}$ cups freshly squeezed grapefruit juice
- $\frac{1}{4}$ cup freshly squeezed lemon juice

Instructions:

1. In a large bowl, add water and heat it in the microwave for one minute.
2. Add sugar and stir until combined, set aside to allow sugar to dissolve.
3. In a blender, add 15 strawberries and blend until smooth.
4. To the water sugar bowl, add the grapefruit juice, lemon juice, blended strawberries, and mix well.
5. Slice 5-6 strawberries into thin slices.
6. Pour the mixture into the popsicle molds and place strawberry slices.
7. Freeze for 4-8 hours.
8. Serve and enjoy.



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SOLVE THESE SWEET FRACTIONS



$$\frac{1}{8}$$







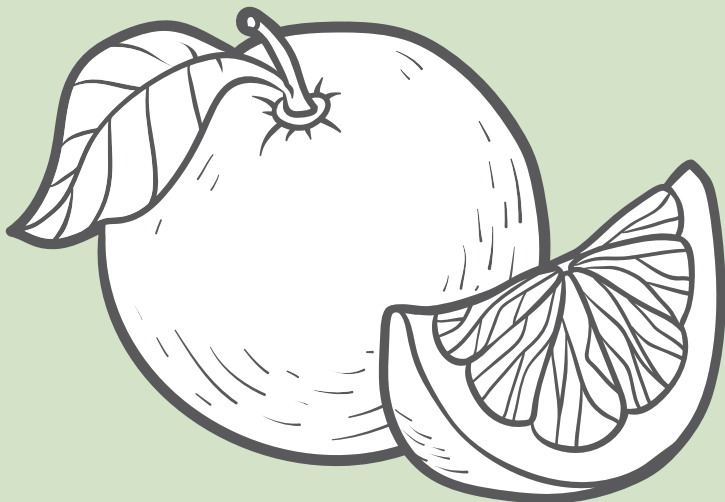








COLOR IN THE GRAPEFRUIT



CAN YOU UNSCRAMBLE THESE WORDS?

- 1 **FUGRITAPER** _____
- 2 **OSTEIOMH** _____
- 3 **XATES** _____
- 4 **RPLTOICA** _____
- 5 **EOARNG** _____
- 6 **BYUR** _____
- 7 **LESRU CST** _____
- 8 **DFENDORBI** _____
- 9 **HSFEL** _____
- 10 **BRCOTOE** _____
- 11 **SRUTIC** _____
- 12 **BAOSRBDA** _____
- 13 **LYPUP** _____
- 14 **FPTIARA** _____
- 15 **OLMEOP** _____

Answer: A

1. Grapefruit • 2. Smoothie • 3. Texas • 4. Tropical • 5. Orange • 6. Ruby • 7. Clusters • 8. Forbidden
9. Flesh • 10. October • 11. Citrus • 12. Barbados • 13. Pulpy • 14. Parfait • 15. Pomelo



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