

COOL CARROT ACTIVITIES

Nutrition Facts	
Serving Size: 1 cup, chopped (128g)	
Calories 52	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308%	Calcium 4%
Vitamin C 13%	Iron 2%

Source: www.nutritiondata.com



What is a Serving?
A serving of carrots is one cup chopped carrots or 12 baby carrots. This is about two cupped handfuls.

Plant Parts
Look at the different parts of the plant that we eat. Draw lines to match the pictures with the correct words and descriptions.

<p>Fruits Protect seeds; help seeds disperse.</p>		
<p>Stems Help leaves get sunlight; move water and nutrients.</p>		
<p>Roots Anchor and support plants; absorb water and nutrients.</p>		
<p>Leaves Make food through photosynthesis.</p>		
<p>Flowers Produce seeds; attract birds, insects and other pollinators.</p>		
<p>Seeds Produce new plants; provide food for young plants.</p>		

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Carrots are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include carrots, yellow and orange bell peppers, corn, yellow summer squash, oranges, grapefruit, peaches, nectarines and cantaloupe.

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.