

# COOL CARROT ACTIVITIES

## 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.

### Fruits

Protect seeds;  
help seeds disperse.

### Stems

Help leaves get sunlight;  
move water and nutrients.

### Roots

Anchor and support plants;  
absorb water and nutrients.

### Leaves

Make food through  
photosynthesis.

### Flowers

Produce seeds; attract  
birds, insects and other  
pollinators.

### Seeds

Produce new plants;  
provide food for young plants.



## 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](http://www.nutritiondata.com)

## 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.