

# CARROTS

## FAST FACTS

- Carrots are a root vegetable, which means they grow underground
- Orange carrots are the most recognized, however, carrots can also be red, purple, white, or yellow in color
- Carrots are typically planted in the spring and may take anywhere from 2 to 4 months to mature
- Carrots are usually harvested when the roots are at least 1/2 inch in diameter



## IMPORTANT NUTRIENTS

- **Vitamin A** – essential for vision, healthy skin and tissues, and immune function
- **Biotin** – helps convert food into energy
- **Vitamin K** – plays an important role in your immune system
- **Phytochemicals** – such as beta-carotene and lutein which are carotenoids that support health

## SELECTION & STORAGE

Look for smooth, firm, and well-shaped carrots with an even color. Avoid carrots that feel soft, limp, or wilted.

Store in the refrigerator for up to two weeks. If you buy fresh carrots with the green tops, break off the tops before refrigerating and store separately.

## IDEAS FOR SERVING

- Eat fresh carrots in a variety of forms – whole, sliced into sticks, cut into rounds, chopped, or shredded
- Add carrots to salads and soups for a crunchy, sweet flavor
- Steamed or roasted carrots are two ways to eat this vegetable cooked



# CARROTS

## ACTIVITIES

### Five Senses Fun!

Use your five senses to describe how carrots look, feel, taste, sound, and smell.

### Compare & Contrast

Make a list of similarities and a list of differences between carrots and another vegetable. Are there more similarities or differences?

### Write a Recipe

Invent a new recipe that includes carrots as one of the ingredients.

### Poetry

Write a poem about the health benefits of carrots. Share with the class

### Carrot Science

Think about the elements that carrots need in order to grow: food, sunlight, air, and water. Which of these elements do you also need to grow?

### Watch a Video

Find and watch a video online that shows how carrots are grown, harvested, and distributed in the United States.

## CHECK FOR UNDERSTANDING

**What are some examples of other root vegetables?**

**How long does it take a carrot to mature after the seed is planted?**

**What nutrients are found in carrots?**

**What should you look for when selecting carrots at the market?**

**What is your favorite way to eat carrots?**

## REFERENCES

University of Illinois Extension. (2019). Carrot. <http://extension.illinois.edu/veggies/carrot.cfm>  
California Department of Social Services. (2019). Carrots. <https://eatfresh.org/discover-foods/carrots>  
Michigan Fitness Foundation. (2016). Harvest of the Month: Carrots. <https://michigannutritionnetwork.org/wp-content/uploads/2016/05/carrots-family-newsletter-2016.pdf>  
The Old Farmer's Almanac. (2019). Growing Carrots. <https://www.almanac.com/plant/carrots>  
Harvard Medical School. (2017). Listing of Vitamins. [https://www.health.harvard.edu/staying-healthy/listing\\_of\\_vitamins](https://www.health.harvard.edu/staying-healthy/listing_of_vitamins)  
The World's Healthiest Foods. (2019). Carrots. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=21>

