

COOL CARROT ACTIVITIES

WHAT IS A CUP?

One cup serving of carrots is about 2 medium carrots, 12 baby carrots or about two cupped handfuls of chopped carrots. Most kids need 1½ to 3 cups of vegetables each day.

CARROT MATCHING QUIZ

Match the words on the left with the phrases on the right by drawing lines between them.

- | | |
|-------------------|---|
| 1. Carrot | A. Substances in fruits and vegetables that fight to protect our health |
| 2. Fiber | B. Helps your body fight germs |
| 3. Photochemicals | C. Helps keep your heart strong and healthy |
| 4. Vitamin A | D. A popular root vegetable that is an excellent source of vitamin A |
| 5. Vitamin C | E. Helps keep your eyes healthy |



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.

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership Initiative.

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Nutrition Facts

Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 88mg	
Total Carbohydrate 12g	
Dietary Fiber 4g	
Sugars 6g	
Protein 1g	
Vitamin A 430%	Calcium 4%
Vitamin C 13%	Iron 2%
Source: www.nutritiondata.com	

Answers: 1. D, 2. C, 3. A, 4. E, 5. B

