


COOL CARROT ACTIVITIES

Nutrition Facts



| | |
|-------------------------------------|---------------------|
| Serving Size: 1 cup, chopped (128g) | |
| Calories 52 | Calories from Fat 3 |
| % 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 430% | 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.

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

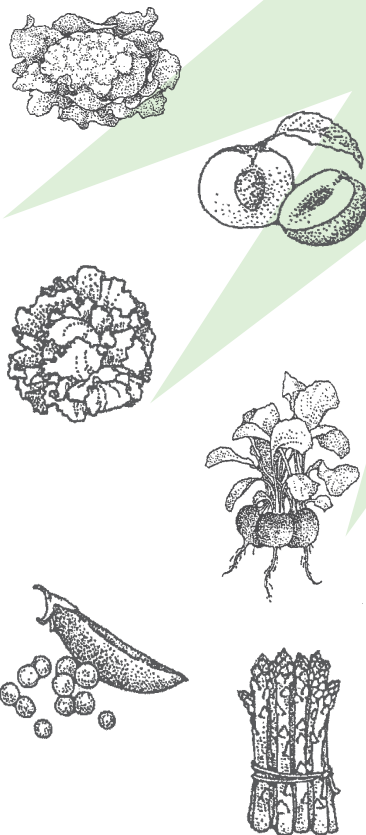
Make food through
photosynthesis.

Flowers

Produce seeds; attract
birds, insects and other
pollinators.

Seeds

Produce new plants;
provide food for young plants.



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.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.