Fresh Fruit & Vegetable Program

Carrot Worksheets
Introduction
The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s Harvest of the Month program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

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**Taste Test Teaching Points**  
**Carrots**

**Grades:** Kindergarten to 2nd Grade  
**Title of Lesson:** Carrots  
**Materials:** FFVP Carrots Student Worksheet  
FFVP Taste Test Teaching Points Lesson Plan  
Produce samples prepared by school food service staff

**Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

**Examples/suggested teaching points (as time permits)**

**Carrots or “skirrets” grow under the ground.** They are a root vegetable. The part you eat is called a “taproot.” Do you know the name of another root vegetable?

**Carrots are in the yellow/orange color group.** Fruits and vegetables in this color group help maintain a healthy heart, healthy eyes and a healthy immune system (your immune system is found inside your body and fights off germs that can make you sick). They also can lower your chance of getting some cancers.

**Carrots are rich in beta-carotene.** Beta-carotene is found only in plants. This plant pigment/color was first identified in carrots; therefore, the word carotene comes from the word carrot.

**Carrots are a good source of fiber.** Fiber helps move food through your body.

**There is a wild carrot known as “Queen Anne’s Lace.”** It has a beautiful white flower and grows a root you can eat if you dig it up when young. Today Queen Anne’s Lace is considered a weed.

**The great grandfather of the carrot we eat today was not orange but white, black, purple or yellow.**

**In the middle ages,** carrot juice was used to make butter a more appealing color. Women used the leaves of carrots as a decoration in their hair and hats.

**In the 1600’s,** Dutch farmers developed the orange carrot in honor of royal family “The House of Orange.” This is the sweet carrot we eat today.

**The early American colonists** grew carrots between rows of tobacco to repel beetles.  
**Thomas Jefferson,** our 3rd President, grew many colors of carrots in his garden at Monticello.

**Have you ever heard the expression “dangling a carrot?”** It originated in the 1890’s when carrots were dangled in front of donkeys to get them to move. Donkeys love to eat carrots. They have the second highest natural sugar content of any vegetable. (Beets have the highest sugar content of vegetables.)

**During WWII,** the British developed a special variety of carrot with a high beta-carotene level. They thought these special carrots might help the pilots see better at night. Why do you think they thought that?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
Taste Test Teaching Points
Carrots

Grades: 3rd to 5th Grade

Title of Lesson: Carrots

Materials:
- FFVP Carrots Student Worksheet
- FFVP Taste Test Teaching Points Lesson Plan
- Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

**Examples/suggested teaching points (as time permits)**

Carrots grow under the ground. They are a root vegetable. The part you eat is called a “taproot.” Do you know the name of another root vegetable?

Have you ever eaten baby carrots? Baby carrots are not necessarily small carrots, but are made from full-grown, small diameter carrots by peeling and cutting them to the desired length. Farmers plant carrots intended for the baby-cut market closer together so the roots stay slim and there is less waste when the carrots are cut to size. True baby carrots are removed from the ground early and actually look like miniature carrots.

Carrots are in the yellow/orange color group. Fruits and vegetables in this color group help maintain a healthy heart, healthy eyes and a healthy immune system (your immune system is found inside your body and fights off germs that can make you sick). They also can lower your chance of getting some cancers.

Carrots contain plant pigments called carotenoids. There are 600 different carotenoids. Beta-carotene, also present in carrots, is a member of this group. Carotenoids were first identified in carrots, therefore; the origin of the name came from the word carrot.

When you eat foods rich in beta-carotene, your body turns the beta-carotene into vitamin A.

The carrot we eat today was cultivated from the wild carrot. The wild carrot was actually a wild flower known as “Queen Anne’s Lace.”

The great grandfather of the carrot we eat today was not orange but white, black, purple or yellow and somewhat bitter tasting.

In the middle ages, carrot juice was used to make butter a more appealing color. Women used the leaves of carrots as a decoration in their hair and hats.

In the 1600’s, Dutch farmers developed the orange carrot in honor of royal family “The House of Orange.” This is the sweet carrot we eat today.

The early American colonists grew carrots between rows of tobacco to repel beetles.

Thomas Jefferson, our 3rd President, grew carrots in his garden at Monticello.

Have you ever heard the expression “dangling a carrot?” It originated in the 1890’s when carrots were dangled in front of donkeys to get them to move. Donkeys love to eat carrots. They have the second highest natural sugar content of any vegetable. Beets contain the highest amount of natural sugar.

During WWII, the British developed a special variety of carrot with a high beta-carotene level. They thought these special carrots might help the pilots see better at night. Why do you think they thought that?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
C/is/for/carrot.
Produce of the Month:
Carrots

Draw a picture of how a carrot grows.

Carrots are a

Carrots feel

Carrots taste
Produce of the Month
Carrots

Draw a garden. Draw 2 rows of carrots with 4 carrots in each row.
Add some of your favorite types of vegetables to your garden.
Make sure to draw a scarecrow to chase away the birds.

How many carrots are in your garden?_______________________

Think of 3 adjectives (describing words) to talk about carrots.

___________________, _________________,____________________

Use them each in a sentence.

1.________________________________________________________
   _______________________________________________________

2.________________________________________________________
   _______________________________________________________

3.________________________________________________________
   _______________________________________________________

Did you eat any fruits or vegetables today? Yes      No
If yes, list the fruits and vegetable you ate:_______________________
I am an orange root vegetable and have many healthy nutrients!

Directions: Circle all the vegetables.

Directions: List four words that describe carrots.
**Produce of the Month:**
**Carrots**

**Directions:** List 3 reasons why I am good for you?

- I have vitamins that help you grow!
- I am crunchy and nutritious!
- My fiber helps food move through your intestines!
- My lovely orange color helps your body make vitamin A. Vitamin A helps maintain healthy eyesight!
Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why eating a nutritious breakfast is good for you. Also, include an example of a nutritious breakfast you would like to eat.

Date: _____________

Dear ___________,

_________________________________________
_________________________________________
_________________________________________
_________________________________________
_________________________________________
_________________________________________
_________________________________________

Love,

__________________
Produce of the Month
Carrots

Describe a carrot: _____________________________________________
____________________________________________________________________.

What I learned about carrots:____________________________________
____________________________________________________________________.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will____________________________________.

Nutrition Questions

Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fiber helps our digestive system stay healthy. Students your age need about 25 grams of fiber every day.

1. How many grams of fiber are in 1 cup of carrots? ______ grams.

2. To make sure I get enough of the vitamins, minerals, and fiber my body needs, I will try to eat _____ cups of fruits and vegetables every day.

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 308%  Vitamin C 13%  Calcium 4%  Iron 2%

Source: www.nutritiondata.com
**WHY CARROTS?**

**Directions:**
List 3 reasons why I am good for you.

---

I am crunchy and **nutritious**!

I have **vitamins** that help you grow!

My **fiber** helps food move through your intestines!

My lovely **orange color** helps your body make vitamin A. Vitamin A helps maintain healthy eyesight!

---

_____________________________
_____________________________
_____________________________
_____________________________
_____________________________
_____________________________

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**www.gethealthyclarkcounty.org**

**SNAP**

Southern Nevada Health District

Champions for Change

Network for a better Colorado

This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-0483.
Directions: Write a paragraph about the nutritious value of carrots.

- I am crunchy and nutritious!
- I have vitamins that help you grow!
- My fiber helps food move through your intestines!
- My lovely orange color helps your body make vitamin A. Vitamin A helps maintain healthy eyesight!

Produce of the Month
Carrots

Draw a picture of a carrot
Processed Foods are less nutritious because they generally have more sugar and fat.

Natural and Whole Foods are more nutritious because they are naturally full of vitamins, minerals and fiber.

**Directions**: Color in the appropriate colors of the Food Pyramid.

The top of the MyPyramid is more narrow than the bottom. This helps determine which foods are HEALTHIER for you. **Whole and natural foods** belong at the bottom of the pyramid. **Processed foods**, as well as other foods high in refined sugars and fats, belong at the top! For example, low-fat milk would be placed at the bottom of the MILK group and ice cream would be placed at the top.

**Directions**: Practice determining which foods are whole and natural and which foods are processed by checking off the correct box below.

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>NATURAL</th>
<th>PROCESSED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Candy</td>
<td></td>
<td>√</td>
</tr>
<tr>
<td>Ice Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Dog</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kiwi Fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Jam</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherry Pie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Produce of the Month
Carrots

Describe a carrot: _____________________________________________
________________________________________________________________.

What I learned about carrots:____________________________________.
________________________________________________________________.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will________________________.

Nutrition Questions
Carrots are one of the most popular vegetables in the United States. Carrots are a good source of fiber. Fiber helps our digestive system stay healthy. Students your age need about 25 grams of fiber every day.

1. How many grams of fiber are in 1 cup of carrots? ______ grams.

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<tr>
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Source: www.nutritiondata.com

www.gethealthyclarkcounty.org

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I can’t see well at night and my eyes are dry! I need more ________________.

Sometimes my food just sits in my intestines! I need to get more ______________ in my diet!

To maintain heart health, I need more antioxidants such as ______________ and ______________. I can get them eating more yellow and orange fruits and vegetables.

To avoid muscle cramps, I can eat more ______________ because it will help maintain the right acid balance in body fluids.

My cuts heal slowly! I need more ______________.

To keep my energy level high and to avoid a red and sore tongue I need more ______________ in my diet!

___________ helps with muscle contractions and maintaining strong bones. I can get more of this nutrient from dairy products and green leafy products.
**Glossary of Nutrients**

**CALCIUM** This mineral helps build strong bones and healthy teeth.

**CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**FAT** Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

**FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.

**PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.

**VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**VITAMIN E** This vitamin helps maintain healthy cells throughout your body.

**WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and *kidshealth.org*
Acknowledgements

These worksheets were adapted from the Harvest of the Month program which collaborated with Downey Unified School District’s Network for a Healthy California who developed Kindergarten through 2nd grade workbooks and ABC Unified School District’s Network for a Healthy California who developed 3rd grade through 6th grade workbooks.

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