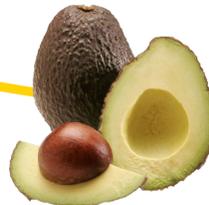




Fresh Fruit & Vegetable Program



■ **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.

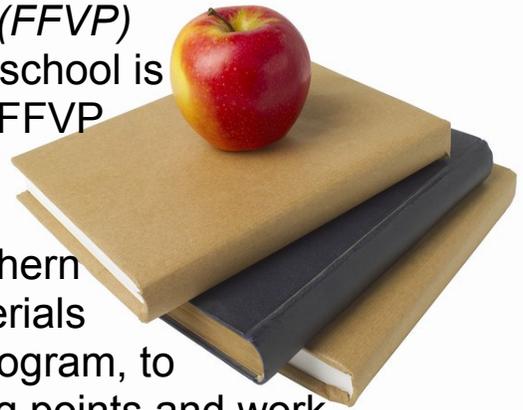


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Taste Test Teaching Points Carrots

- 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.

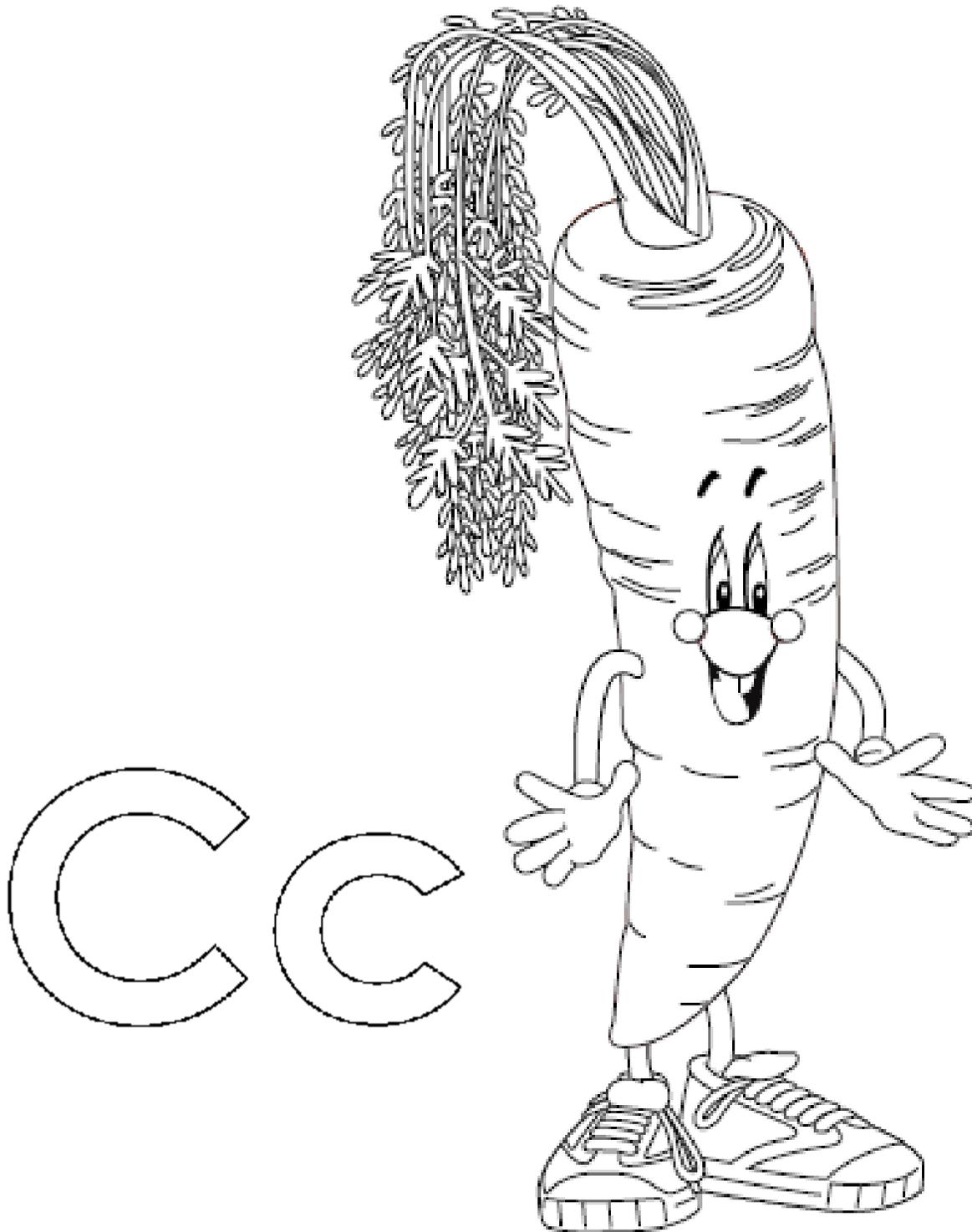
Thomas Jefferson, our 3rd President, grew carrots in his garden at Monticello.

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.



Calvin Carrot ©



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 1-888-328-3483.



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. _____

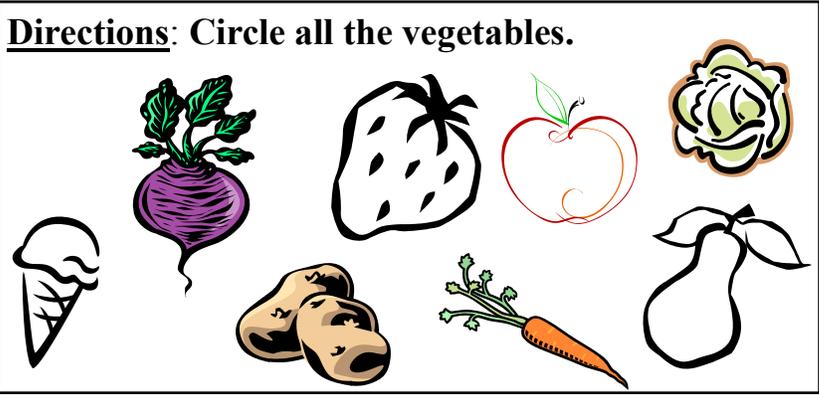
Did you eat any fruits or vegetables today? Yes No

If yes, list the fruits and vegetable you ate: _____





I am a orange root vegetable and have many healthy nutrients!



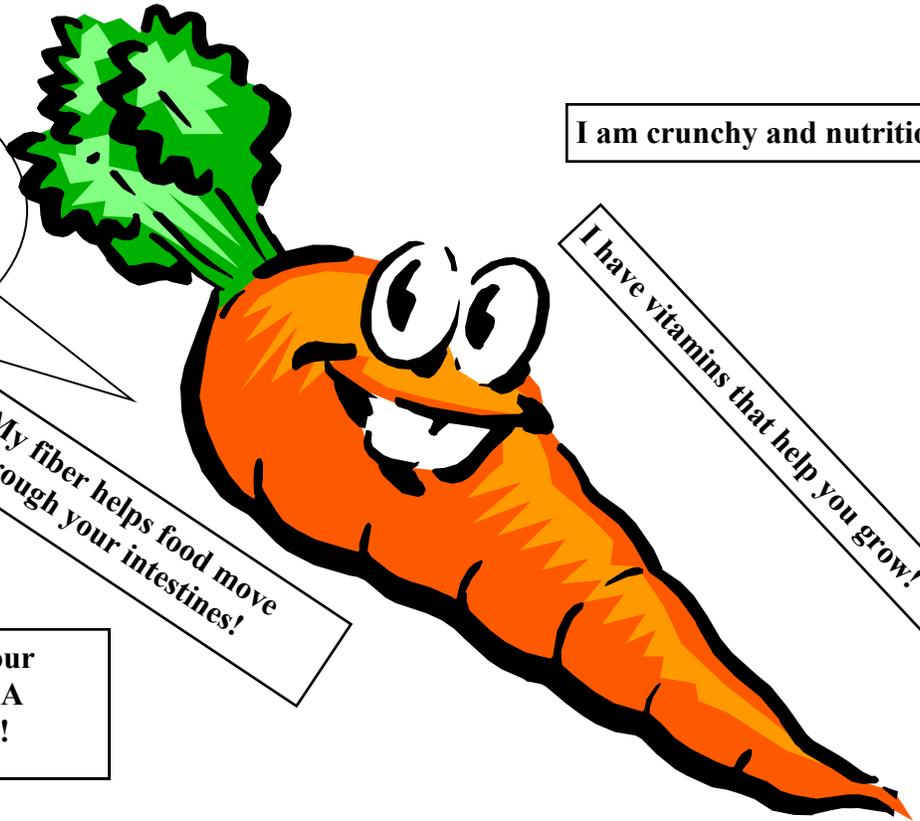
Directions: List four words that describe carrots.

Four rows of slanted lines for handwriting practice, intended for listing words that describe carrots.



Produce of the Month: 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!



A letter to your parents

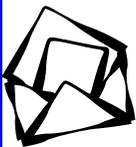
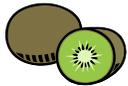
Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them why eating a nutritious breakfast is good for you. Also, include an example of a nutritious breakfast you would like to eat.



Date: _____



Dear _____,



Love,



Produce of the Month Carrots



Draw a carrot

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?

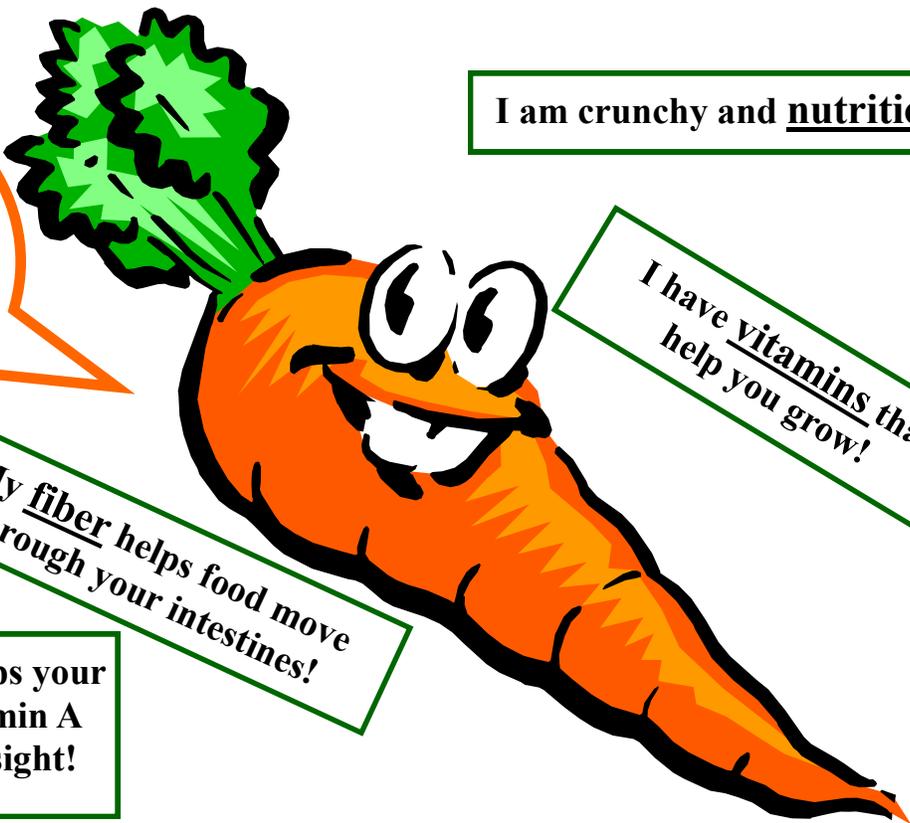
Directions:
List 3 reasons
why I am
good for you.

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!

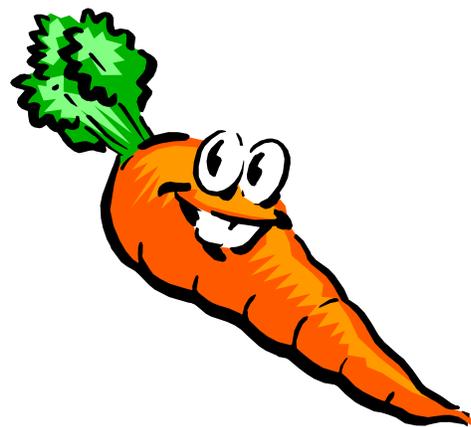


Handwriting practice area with seven horizontal lines for writing.

Produce of the Month

Carrots

Draw a picture of a carrot



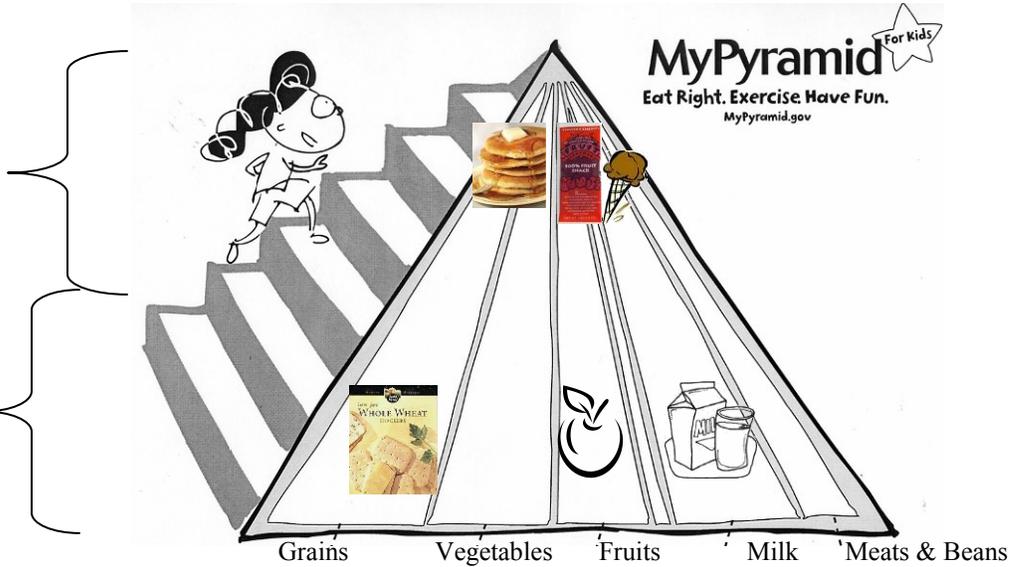
- ◆ I am crunchy and nutritious!
- ◆ I have vitamins that help you grow!
- ◆ My fiber helps food move through your intestines!
- ◆ My lovely orange color helps your body make vitamin A. Vitamin A helps maintain healthy eyesight!

Directions: Write a paragraph about the nutritious value of carrots.

Choose Natural

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.

FOOD ITEM

NATURAL

PROCESSED

- Apple Candy
- Ice Cream
- Tomato
- Hot Dog
- Strawberry
- Kiwi Fruit
- Strawberry Jam
- Cherry Pie
- Milk
- Fish
- Apple

_____ ✓ _____





Produce of the Month Carrots



Draw a carrot

Describe a carrot: _____

What I learned about carrots: _____

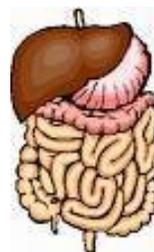
To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____

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)	
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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%

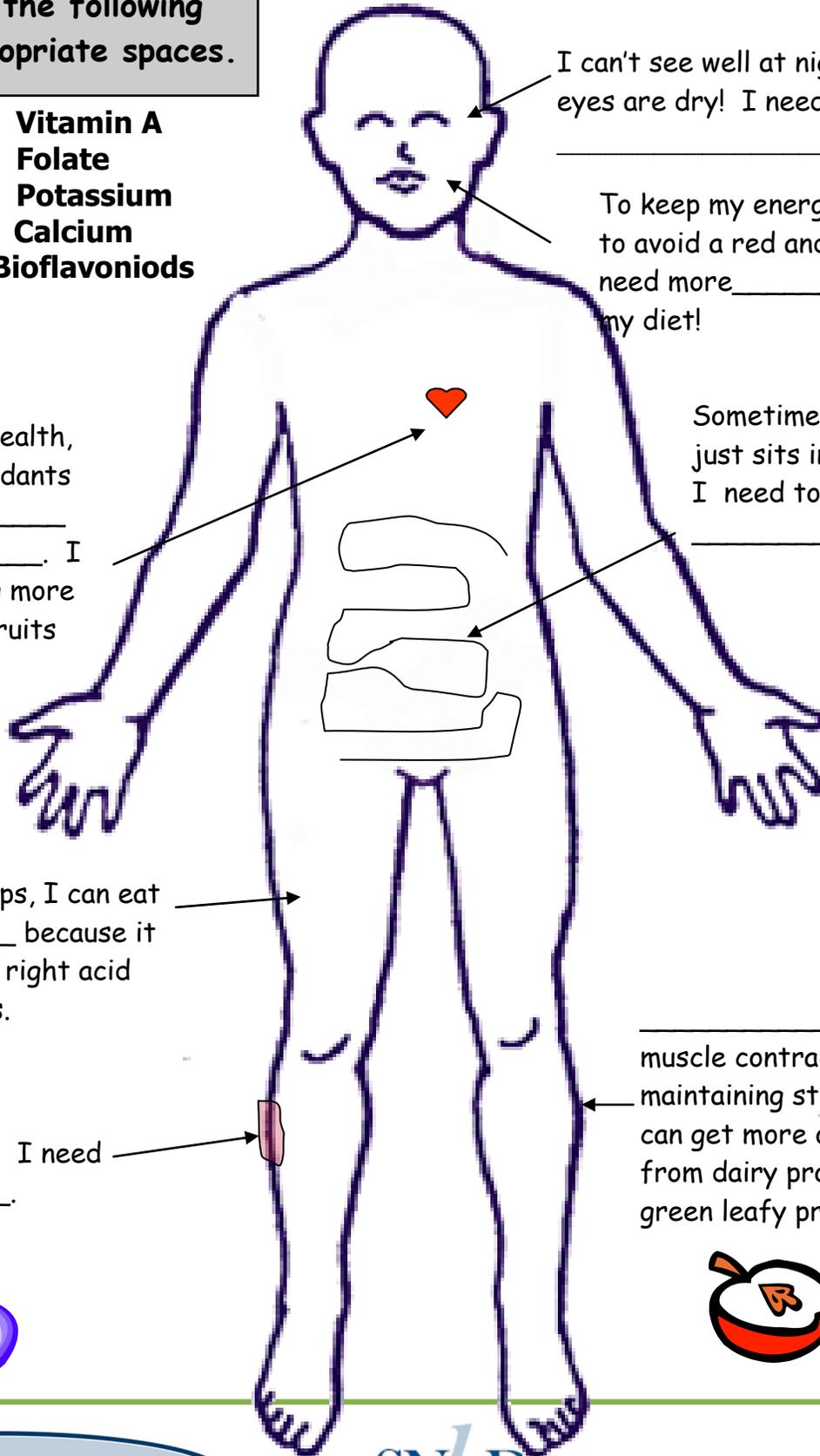
Source: www.nutritiondata.com



BODY LABELING

Directions: Place the following words in the appropriate spaces.

- | | |
|--|------------------|
| Vitamin C | Vitamin A |
| Fiber | Folate |
| Blue & Red | Potassium |
| Phytochemicals | Calcium |
| Carotenoids & Bioflavonoids | |



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

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

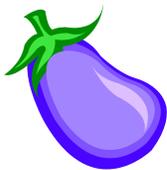
To maintain heart health, I need more antioxidants such as _____ and _____. I can get them eating more yellow and orange fruits and vegetables.

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

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

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

My cuts heal slowly! I need more _____.



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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