

Carrots



4th Grade



A ½ cup serving of carrots is about the size of half of your fist.

Healthy and Smart Goals

1. Identify nutrition facts and health benefits about carrots.
2. Discover where locally grown foods can be found.
3. Write about why we should visit these places.
4. Taste carrots and make a plan for eating them in the future.

Nutrition Facts

1 servings per container	
Serving size	1/2 cup (61g)
Amount Per Serving	
Calories	25
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.18mg	0%
Potassium 235mg	4%
Vitamin A	200%
Vitamin C	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Harvest It

Carrots are the Harvest of the Month! Carrots are a sweet and healthy snack that can be enjoyed anytime. They are great on their own or with a dip. Pick slices of a favorite vegetable to join your carrot snack. Use your imagination to come up with exciting carrot snacks of your own. Carrots can be found in salads, sandwiches, stir fries, soups, and more. Look for carrots at your school cafeteria and ask for carrots at home.

Carrot facts:

- The botanical name for carrots is *Daucus carota*.
- Have you ever had a baby-cut carrot? Did you know that they are not really baby carrots? They are full-grown carrots that have been peeled and cut into smaller pieces. A baby carrot is picked before it gets big.
- Did you know that carrots were originally shades of purple not orange? It's true. Carrots come in a variety of colors: white, yellow, orange, red, purple, and black. You might find some exciting colors at a local farmer's market. Our farmers grow a lot of carrots.
- California is the number one producer of carrots in the United States.

Vegetables are very healthy for you, whether they come from far away or close by. You should be eating 2-2.5 cup of vegetables everyday. There are some health benefits to eating locally grown fruits and vegetables, and we are going to explore those in our lesson today. Take a look at the Nutrition Facts label. Carrots have a lot of a certain nutrient that you need to see well and fight off illnesses. Can you find it on the label?







Move it

Directions Visit each provider of locally grown food station in your classroom. Listen closely for reasons why they are great places to visit. Write down two reasons for each place you visit. You will need the ideas for the Link It and Try It sections.



Link it

Reasons to visit these places that have locally grown food...

<p>Farmers' Market</p> 	<p>1. It is exciting to meet the farmers who grow and sell the fruits and vegetables I eat.</p>
<p>Supermarket</p> 	<p>1.</p> <p>2.</p>
<p>School Cafeteria</p> 	<p>1.</p> <p>2.</p>
<p>Food Bank</p> 	<p>1.</p> <p>2.</p>

Directions Complete the paragraph about why places with locally grown fruits and vegetables are great places to visit. Use a second reason to supporting the point of view that farmers' markets are great places to visit.

Places with locally grown food are great to visit. An example of a place with locally grown food is a farmers' market. One reason farmers' markets are great, is that you get to meet the people who grow your food. I enjoy hearing about the farms nearby. Another wonderful thing about farmers' markets is...



Try it

Directions Continue the writing you began in the Link It section. Write about a grocery store, school cafeteria, and food bank. Give at least two examples of why these are great places to get locally grown food. Use ideas from the Move It section and your own ideas.

Another place you can find locally grown food is...



Digest it

Now it is time to taste some carrots and digest your thoughts.

- What are some nutrition facts about carrots?
- Where can locally grown foods be found?
- Share your writing about locally grown food.
- Taste carrots. Make a plan for eating them.

