

Carrots



5th Grade



A 1/2 cup serving of carrots is about the size of half of your fist.

Healthy and Smart Goals

1. Identify the nutrition facts and health benefits of carrots.
2. Plot ordered pairs and graph lines using your body.
3. Interpret graphs to discover the advantages of locally grown produce.



Harvest It

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%
Trans 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.

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 vegetable dip. 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 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? Carrots come in a variety of colors: white, yellow, orange, red, purple, and black. You might find some exciting colors at a local farmers' market.
- California is the number one producer of carrots in the United States.

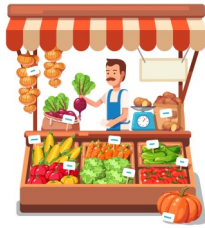


Vegetables are very healthy for you, whether they come from far away or close by. You should be eating 2-2.5 cups of vegetables every day. There are some health benefits to eating locally grown fruits and vegetables, and we are going to explore those in our lesson today. Take a look at the Nutrition 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

Carrots are our Harvest of the Month. Carrots are **locally grown** in California and can be found in many places in your community.



Locally grown vegetables travel shorter distances and have some added benefits.

In the lesson today, you will be studying graphs that give you information about locally grown food. In the Move It activity, you will practice making points on a graph. You will be hopping to the right, and forward a certain number of hops as shown in an ordered pair. For example, in the Move It activity (8,4) means eight hops to the right, and four hops forward.



Link it

Graphs are used to show information. Today you are going to use them to show how fruits and vegetables change as they travel distances.

Graphs are made of lines called axes. The **x-axis** goes from left to right, and the **y-axis** goes up and down. We place points on the graph by using **ordered pairs**. The first number of an ordered pair tells you how far to travel on the x-axis to the right. The second number tells you how far to travel up on the y-axis.

Directions Plot these coordinates, then draw a line to connect the points. The graphed line shows a truck traveling a mile a minute.

1. (1,1) (4,4) (6,6) (8,8) (9,9)

Truck 1

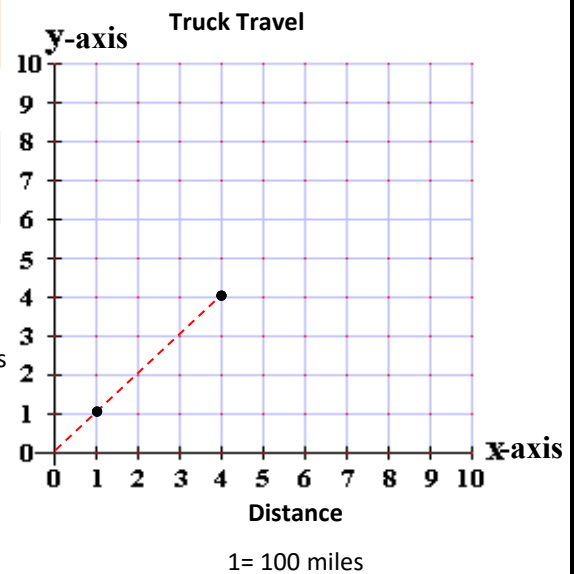


Time
1=100
minutes

Now plot these coordinates and graph the line to connect the points.

2. (1,2) (2,4) (3,6) (4,8) (5,10)

Truck 2



Does the second graph line show a truck traveling faster or slower? How do you know?



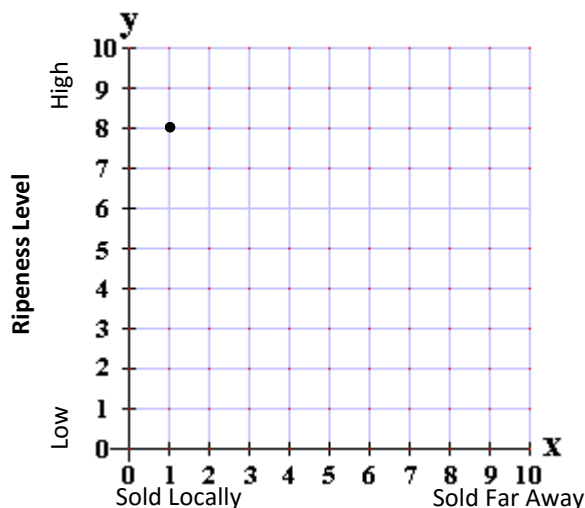
Try it



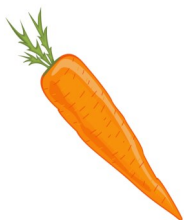
Fruit and vegetables that are grown and sold locally are picked when they are **ripe**. For many vegetables this means they are more **nutritious**. Fruit and vegetables grown far away are often picked before they are ripe so they don't spoil while they travel.

Plot these coordinates

(1,9)
(4,7)
(6,5)
(10,3)



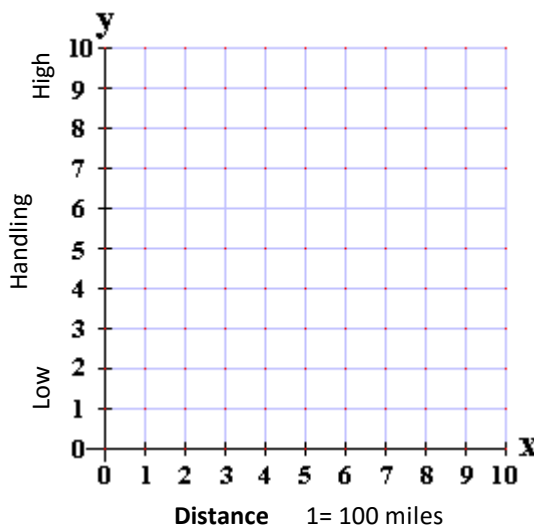
What does the graphed line represent? How might ripeness be affected by where fruits and vegetables are sold?



How fruits and vegetables are **handled** can affect their freshness. Foods grown far away may have more chances to get bruised from a bumpy ride and go through temperature changes that can lower their **nutrition** level.

Plot these coordinates

(1,1)
(4,3)
(7,5)
(10,7)



What does the graphed line represent? What does it tell you about what can happen to fruits and vegetables the farther they travel?



Digest it

Enjoy your carrot. Remember that fruits and vegetables are important to eat whether they come from near or far! Eat about 2 1/2 cups a day. Locally grown fruits may be more nutritious, and are often fresher and more ripe.

- What are some reasons that a vegetable grown locally may be fresher than one grown far away?
- What happens to fruits and vegetables as they travel?
- Make a plan to eat carrots and other vegetables. When and where will you eat them? How will you ask for them? How will they become part of your snacks, breakfast, lunch and dinner every day?

