

Carrots



6th Grade



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

Healthy and Smart Goals

1. Identify what nutrients are in carrots.
2. Identify the benefits of eating locally grown carrots.
3. Compare distances using ratios.
4. Taste carrots and make a plan for eating them.

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.



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.

Some facts about carrots:

- Carrots were originally shades of purple not orange.
- Carrots come in a variety of colors: white, yellow, orange, red, purple, and black.
- Carrots of these colors can often be found at a local farmers' market.
- California is the number one producer of carrots in the United States.

Locally Grown Carrots

Carrots, other vegetables, and fruits grown at nearby farms are called "locally grown." They are fresher and riper, and often more flavorful than produce that is grown far away. In this lesson you will be able to compare the distances locally grown carrots travel with carrots that are grown at greater distances. Vegetables are very healthy for you whether they come from near or far. You should be eating 2-2.5 cups of vegetables a day. Analyze the Nutrition Facts Label. What nutrients important nutrients are in carrots? How much can you get in a serving?



Move it

Imagine you are a carrot traveling to Los Angeles, California from different cities in the state, the country, and the world. Your teacher will lead you in stretches and movements that simulate the distances.



Locally grown fruits and vegetables are those that come from nearby farms. Compare the distance that locally grown carrots travel from Fresno to Los Angeles with those that come from other locations.



Link it

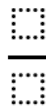
Directions The relative size of two numbers can be compared using ratios. Use ratios to compare the relative distances of cities to Los Angeles.

In the Move It activity, you used 1 second of physical activity to represent 100 miles of travel. The distance between Fresno and Los Angeles is about 200 miles and you did jumping jacks for 2 seconds. The distance from Orlando to Los Angeles is about 2,500 miles and you jogged for 25 seconds. This can be shown as a ratio.

200 to 2,500
 200 ÷ 100 to 2,500 ÷ 100

___ to ___ Divide each size by 100.

___ : ___ Show the ratio using a colon.



Show the ratio as a fraction.



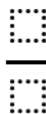
Try it

Directions Write the ratio of the distances to Los Angeles from Fresno and Quito. Write the ratio with “to” and “:”

200 to 4,500
 200 ÷ 100 to 4,500 ÷ 100

___ to ___

___ : ___



Directions Write the ratio of the distances of Los Angeles to Fresno, and Los Angeles to either Shanghai or Dakar.

200 to 6,500
 $200 \div 100$ to $6,500 \div 100$
 _____ to _____
 _____ : _____



Directions The table below shows distances between cities and places near where carrots are grown in California. Answer the questions based on the information in table. The mileage has been rounded to the nearest 100 miles.

Cities in Carrot Growing Counties

	Salinas	Holtville
San Francisco	100 miles	600 miles
San Diego	400 miles	100 miles



Write the ratio of the distances to San Francisco from Salinas and Holtville.

Salinas 100 to Holtville
 1 to _____
 Salinas 1 : Holtville

Write the ratio of the distances to San Diego from Salinas and Holtville.

_____ to _____
 Salinas _____ : Holtville



Digest it

It's time to eat some carrots and digest what you've learned!

- What are some important nutrients found in carrots?
- What are some benefits of locally grown carrots?
- How do the distances of locally grown carrots and those from far away compare?

