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?
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.

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.

\[
\frac{200}{2,500} = \frac{200}{2,500}
\]

\[
\frac{200}{2,500} : \frac{200}{2,500}
\]

Divide each size by 100.

Show the ratio using a colon.

Show the ratio as a fraction.

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

\[
\frac{200}{4,500} = \frac{200}{4,500}
\]

\[
\frac{200}{4,500} : \frac{200}{4,500}
\]
Directions Write the ratio of the distances of Los Angeles to Fresno, and Los Angeles to either Shanghai or Dakar.

\[
\begin{align*}
200 & \quad \text{to} \quad 6,500 \\
200 \div 100 & \quad \text{to} \quad 6,500 \div 100 \\
\quad & \quad \text{to} \quad \quad \\
\quad & \quad : \\
\quad & \quad : \\
\end{align*}
\]

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.

<table>
<thead>
<tr>
<th>Cities in Carrot Growing Counties</th>
<th>Salinas</th>
<th>Holtville</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Francisco</td>
<td>100 miles</td>
<td>600 miles</td>
</tr>
<tr>
<td>San Diego</td>
<td>400 miles</td>
<td>100 miles</td>
</tr>
</tbody>
</table>

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

Salinas \[100\quad \text{to} \quad \quad \text{Holtville}\]
\[
1 \quad \text{to} \\
\]

Salinas \[1\quad : \quad \quad \text{Holtville}\]
\[
\]

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

Salinas \[\quad \quad \quad \quad \quad \text{Holtville}\]
\[
\]

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?