

Curriculum Ideas

Thinking Maps

- Use a Double-Bubble Map to describe the similarities between regular and baby carrots.

Science

- April is National Garden Month. Plant a carrot and monitor it's grow and tie it into your life cycle science standards.

Research and Investigation

- Find out what happens to a carrot if left in the ground too long after maturity. (www.botany.org)
- Carrots are full of vitamin A. Research what benefits you get from vitamin A.

Source: Research links adapted from Harvest of the Month, Carrots. Eat your colors adapted from www.harvestofthemonth.com, *Educators' Corner*.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. By eating a variety of colorful fruits and vegetables everyday, you may lower your risk of some cancers. Carrots belong to the yellow/orange color group.

Color Group	Health Benefits	Other yellow/orange produce
Yellow/orange	Help maintain heart health, vision health, and a healthy immune system	Sweet potatoes, persimmons, yellow pears, carrots, yellow, oranges, potatoes, yellow peppers

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Food for Thought

Crunchy Carrots



NUTRITION

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 430%	Calcium 4%
Vitamin C 13%	Iron 2%

Source: www.nutritiondata.com





ROOT FACTS

• Carrots are root vegetables that originated in the Near East and Central Asia, near Afghanistan.

- Ancient ancestors of the carrot were purple, white, and yellow in color.
- Eastern variety carrots are usually purple or yellow in color and have fewer branched roots.
- The average person eats 17 pounds of carrots per year.
- Carrots are very nutritious! They are an excellent source of Vitamins A and K. They are also a good source of Vitamin C, potassium, and fiber.
- Baby carrots are made from full-grown, smaller diameter carrots and are planted much closer together than their counter parts.

Source: www.harvestofthemonth.com, Carrots

Physical Activity Corner

Playground Kick-bee

Objective: Develops hand-eye coordination and fast-twitch reflexes

Supplies: Frisbee®, four bases, slide (optional)

Activity: (game simulates baseball)

—Separate students into two teams.

—Set up four bases on playground (near slide)

—”Batter” goes down slide and takes Frisbee, then “batter” runs the bases (if no slide, then pass Frisbee to “pitcher”)

—If no one catches the Frisbee, then “batter” runs all bases.

—Tagging someone “out” is done only when someone is able to catch Frisbee.

—After three “outs”, teams switch positions.

Adapted from:

www.sparkpe.org

Tasting Trios

Mediterranean Munchies

Materials (per class of 30)

Plates, plastic knives, small cups, napkins

Ingredients (class of 30)

1-2 large bags of baked pita chips or pita bread cut into small triangles

1 12 oz. container of hummus

1 bag of pre-shredded, pre-washed carrots

Safety Precautions

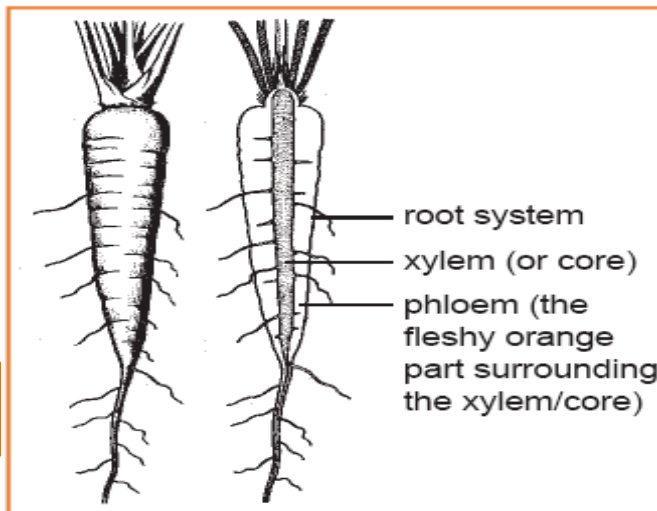
Have students wash their hands and review safety precautions for using knife.

Making the recipe

1. Each student should have a plate, plastic knife, napkin, 3-4 pita chips, and a pinch of shredded carrots.
2. Place hummus dip into small cups to provide each group with 1-2 cups.
3. Have students spread some hummus on their plate to use for dip.
4. Have students assemble Mediterranean Munchies by lightly spreading hummus on each chip and topping them off with shredded carrots.

Enjoy!

Source: *Network for a Healthy California— Monrovia USD*



Source: <http://etc.usf.edu/clipart>

Growing Carrots

Carrots are biennial. In the first year, the edible root is formed, followed by production of the flower and seeds in the second year. The ideal temperature range to grow carrots is 60-70° F. Carrots can grow almost anywhere, but requires 110-160 days to grow and needs deep, loose, well-drained soil.

California has the ideal weather to grow carrots and ranks number one in carrot production in the United States.

Celebrate National Garden Month by having your students share gardening tips on growing carrots with their peers.

For more info, visit:

www.kidsgardening.com/dig/dig.asp?act=t



Source: www.fsa.usda.gov/cal/Kid_Pages/carrot_trivia.htm

Website Resources and Books

<http://www.fruitsandveggiesmatter.gov>

<http://www.uga.edu/vegetable/>

<http://www.cfaitc.org/commodity/commodity.php>

The Great Vegetable Feud by Linda J. Hawkins

The Carrot Seeds by Ruth Kraus

10 Terrific Vegetables and Everything You Need to Know Them by National Gardening Assoc.

April Events