



CARROTS

- Not only are carrots yummy and crunchy, they also do a lot for your body. The vitamin A found in carrots helps with having good vision, especially night vision. Vitamin A also helps boost your immune system.
- The carrots we refer to as “baby carrots” or “baby cut” carrots aren’t really baby carrots at all. They are pieces cut from regular sized carrots that are processed in a way that sculpts them to resemble small carrots.
- Originating 5,000 years ago in Middle Asia around Afghanistan, the first carrots weren’t orange at all - they were white, purple, red, yellow/green and black!





SCIENCE: Grow Your Own Carrot Tops

Try sprouting carrot tops in your window—they're super easy and the fern-like, green foliage looks beautiful. Plus, the little green shoots appear in a matter of days!

Supplies Needed:

Carrots - 1 per student

Shallow dish to place carrot tops - a lid works well

Knife to cut top off

Water

Directions:

1. Cut off the top inch of a carrot. (You can use the rest for a healthy snack!)
2. Place the top in a shallow dish, and add enough water so the carrot top is halfway covered.
3. Set the dish in a sunny windowsill. In a few days you should see little green sprouts appearing.
4. Check every day, add water as needed, and document the growth.