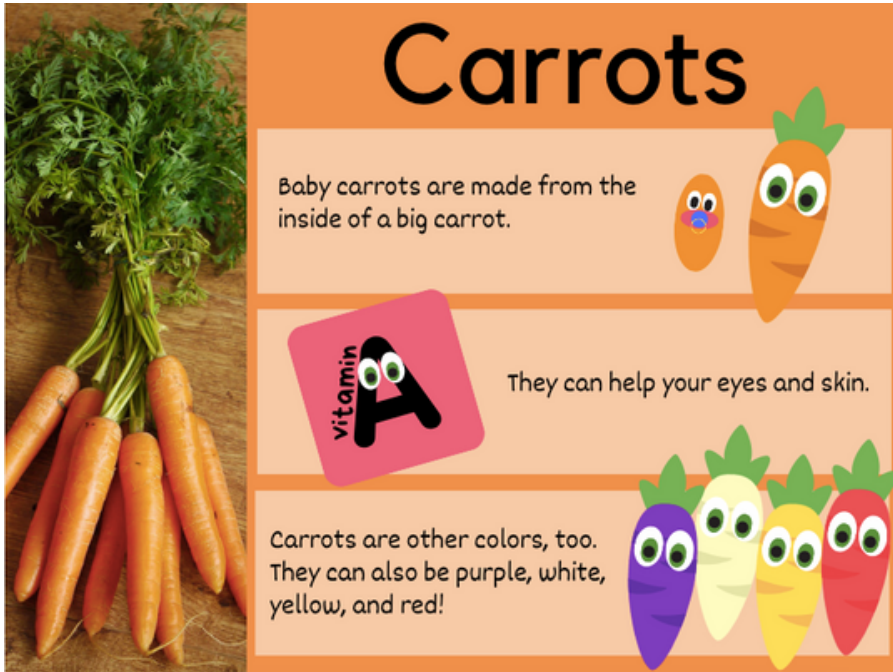


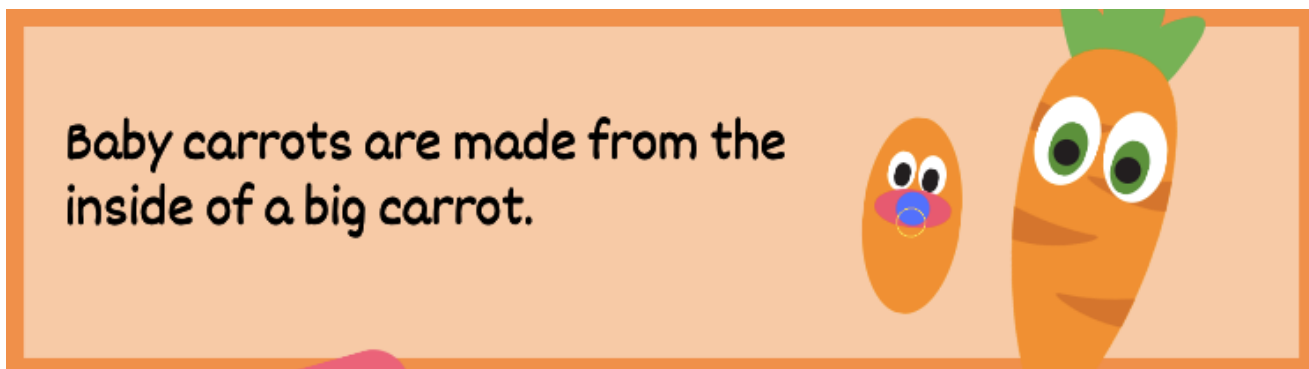
Carrots

Teacher Guide: K - 2nd Grade



How to use this guide:

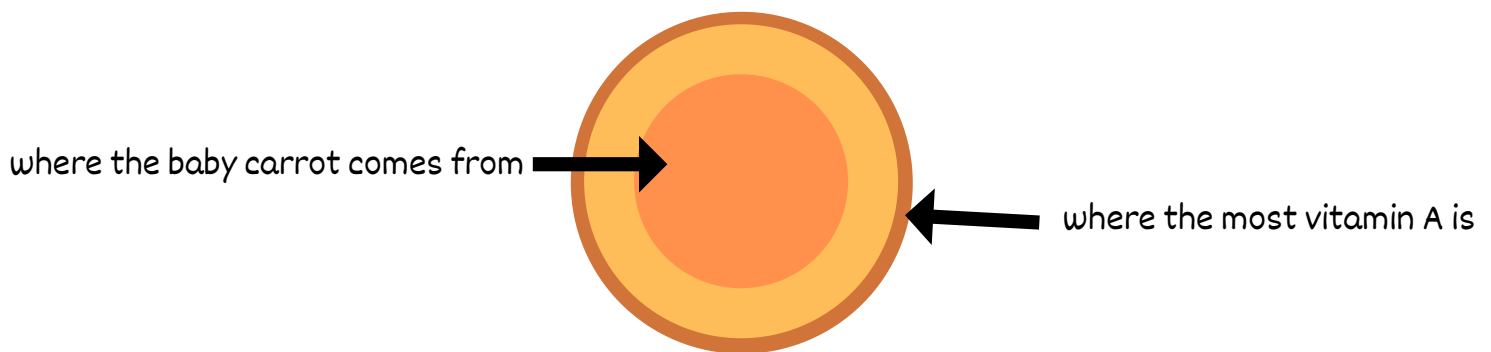
This guide breaks down the three sections on the slide and gives you background information and a "script" to prompt discussion with your students.



Did you know that the little carrots we call baby carrots aren't just little carrots? They are actually made from the core of a big carrot! Have you ever cut a big carrot in half and seen the rings in it, kind of like a tree trunk? The dark center part is what a baby carrot is made from. In production, the outside of the carrot is shaved away to make a "baby-cut" carrot. (see illustration on next page)



Do you know what vitamins are? Vitamins are things in our food that help us grow strong and healthy. Carrots have an important vitamin in them called called vitamin A. Vitamin A can help your eyes see better and can protect your skin from the sun. The most vitamin A is on the outer layer of the carrot, not the inside. (see illustration)



Did you know that carrots can come in other colors and not just orange? Let's play a guessing game. What color do you think is on the inside of a purple carrot? (a little bit of purple on the outside layer, but orange at the center) What about the white one? (white) The yellow one? (yellow) The red one? (red-orange)

References:

How are baby carrots made? Snopes website. <https://www.snopes.com/fact-check/baby-carrots/>. 2008. Accessed April 3, 2019.

Sifferlin, A. Eat this now: rainbow carrots. Time website. <http://healthland.time.com/2013/08/20/eat-this-now-rainbow-carrots/>. 2013. Accessed April 3, 2019.