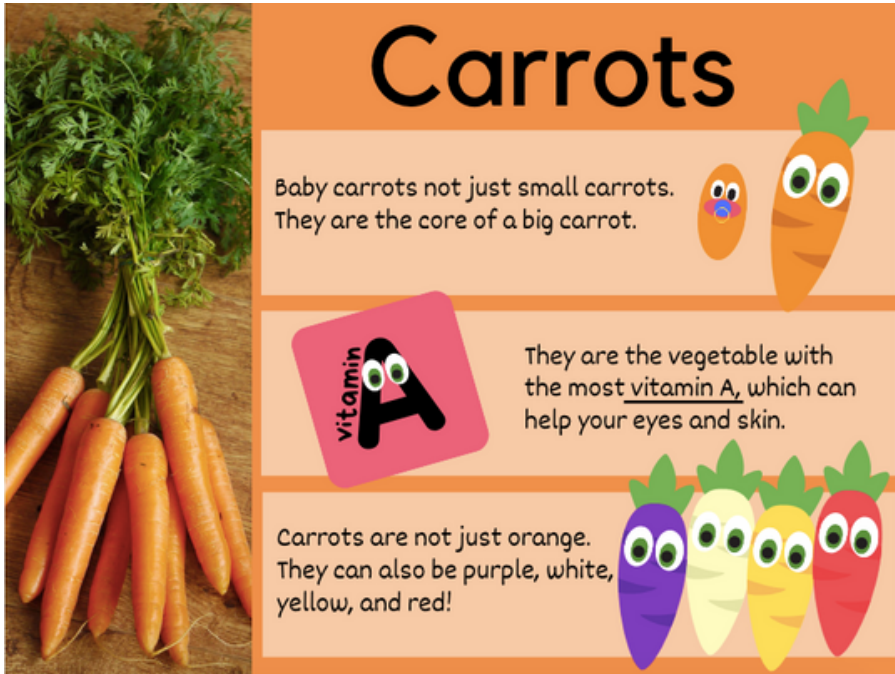


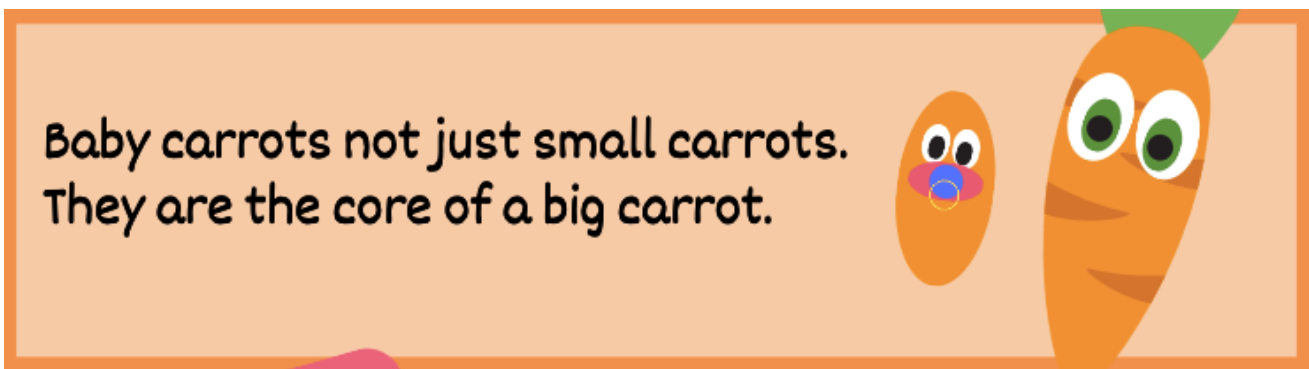
Carrots

Teacher Guide: 3rd - 5th 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.



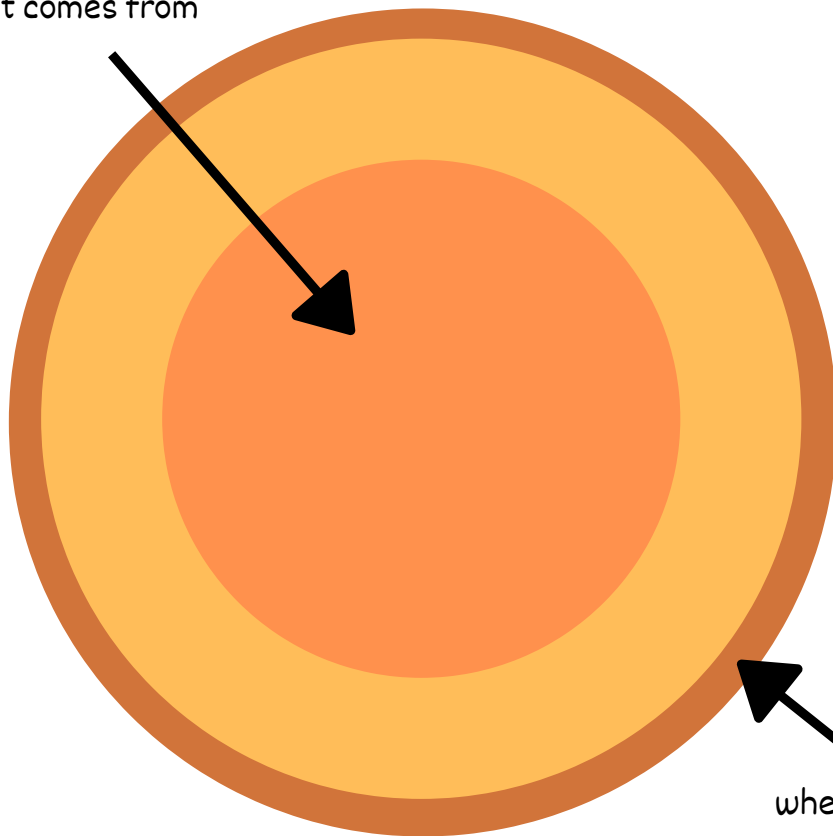
Did you know that the little carrots we call baby carrots aren't just little carrots? They are actually made from the core of a big carrot! Have you ever cut a big carrot in half and seen the rings in it, kind of like a tree trunk? The dark center part is what a baby carrot is made from. In production,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



They are the vegetable with the most vitamin A, which can help your eyes and skin.

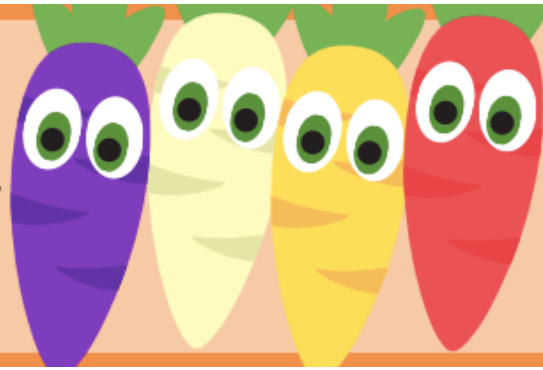
Who can tell me what vitamins are? (Vitamins are things that our body needs to grow, but we can't make them on our own, so we get them from our food.) Carrots have an important vitamin in them called called vitamin A. Vitamin A can help your eyes see better and can protect your skin from the sun. The most vitamin A is on the outer layer of the carrot, not the inside. (see illustration)

where the baby carrot comes from



where the most vitamin A is

Carrots are not just orange.
They can also be purple, white,
yellow, and red!



Did you know that carrots can come in other colors and not just orange? Do you think they taste different because they are different colors? (They pretty much all taste the same.) We already talked about vitamin A, and vitamin A is an orange color. Because carrots have a lot of vitamin A, they are orange. Do you think that the other colors of carrot have the same nutrients in them as an orange carrot? The colorful carrots all have vitamin A like the orange ones, but some of them have additional nutrients. For example, the purple carrot is the color purple because of a natural plant chemical called anthocyanins (an-tho-sy-an-in), which are purple pigments. They are antioxidants, which protect your cells from damage.

OPTIONAL: 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)

(Children may ask if it's true that you turn orange if you eat too many carrots. This is true, because vitamin A is a fat-soluble vitamin, meaning that too much of it can be stored in fat tissue and can cause the skin to turn yellow-orange. However, it would take a whole lot of carrots to turn someone orange, so the children wouldn't have to worry about it.)

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.