

COOL CARROT ACTIVITIES

Nutrition Facts

Serving Size: 1 cup, chopped (128g)	Calories from Fat 3
Calories 52	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308%	Calcium 4%
Vitamin C 15%	Iron 2%

Source: www.nutritiondata.com

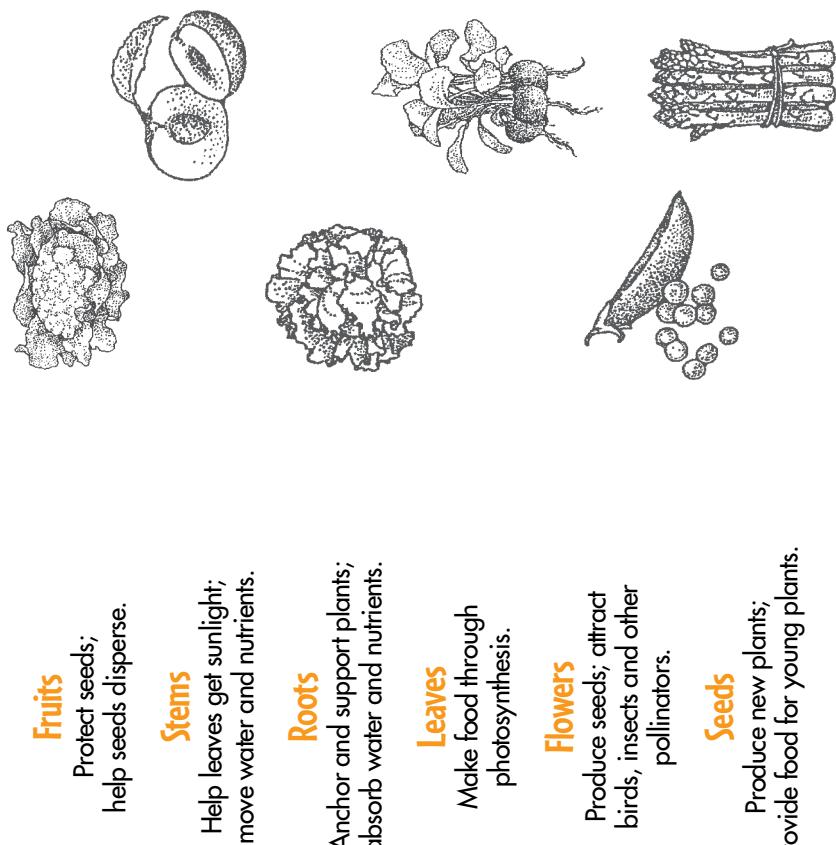


What is a Serving?

A serving of carrots is one cup chopped carrots or 12 baby carrots. This is about two cupped handfuls.

Plant Parts

Look at the different parts of the plant that we eat. Draw lines to match the pictures with the correct words and descriptions.



Fruits

Protect seeds;
help seeds disperse.

Stems

Help leaves get sunlight;
move water and nutrients.

Roots

Anchor and support plants;
absorb water and nutrients.

Leaves

Make food through
photosynthesis.

Flowers

Produce new plants;
attract birds, insects and other
pollinators.

Seeds

Produce new plants;
provide food for young plants.

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.