COOL CARROT ACTIVITIES

WHAT IS A CUP?
One cup serving of carrots is about 2 medium carrots, 12 baby carrots or about two cupped handfuls of chopped carrots. Most kids need 1½ to 3 cups of vegetables each day.

CARROT MATCHING QUIZ
Match the words on the left with the phrases on the right by drawing lines between them.

1. Carrot  
2. Fiber  
3. Photochemicals  
4. Vitamin A  
5. Vitamin C

A. Substances in fruits and vegetables that fight to protect our health
B. Helps your body fight germs
C. Helps keep your heart strong and healthy
D. A popular root vegetable that is an excellent sources of vitamin A
E. Helps keep your eyes healthy


EAT THE RAINBOW!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Carrots are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include carrots, yellow and orange bell peppers, corn, yellow summer squash, oranges, grapefruit, peaches, nectarines and cantaloupe.

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