



Hey kids, become a **FOOD EXPLORER** and check this out!

Carrots



Did you know...?



- Crunchy carrots are delicious all year. But local Massachusetts carrots are freshest. Look for them in the summer and fall.
- Carrots can be orange, yellow, red, purple, black, or white.
- At one time, people grew carrots for their fragrant leaves and seeds. Today we eat the roots.
- On average people eat more than 10,000 carrots in their lifetime.



DELICIOUS AND NUTRITIOUS

Our bodies turn the bright orange coloring in carrots into vitamin A, which helps us see at night and fight infections.

A SUPER SNACK IDEA

Try some carrot juice or vegetable juice.

CARROT HUMOR

What do you call an elephant with a carrot in each ear?

Anything you want—he can't hear you!