

Taste Test: Carrots



Carrots are bright-orange root vegetables. Each carrot is topped with leafy greens that form an umbrella shape at the top. The leafy greens are not typically eaten. There are many different colors of carrots grown in the world including purple, yellow, white, and red, but the orange is the most commonly eaten one. North Americans eat an average of 12 pounds of carrots a year!

Food Fact

Carrots are best known for their extremely high content of an antioxidant called beta-carotene, which is a vitamin A precursor that gives this vegetable its characteristic bright orange color.¹

How to Choose:

- Choose carrots that are firm and brightly coloured.
- A deeply-orange carrot is more nutrient rich.
- If the leafy greens are still intact, they should be bright green and fresh-looking.²

How to Prepare:

- Gently scrub carrot with a vegetable brush.
- Peel carrots with a potato peeler, cut, and enjoy!

How to Store:

- Store carrots in the coolest part of the refrigerator.
- Store carrots in a plastic bag or wrapped in paper towel to help to minimize the amount of water loss.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try carrots again?

YES NO

Ideas for Serving Carrots:

- Add raw shredded carrots to your favorite salad.
- Puree cooked carrots and boiled potatoes. Add your favorite spices and seasonings for a quick and easy soup.
- Slice carrots and dip into your favorite vegetable dip or hummus for a quick and healthy snack.

Carrot and Apple Salad

Makes 500 mL (2 cups)

Ingredients:

- 2 carrots, peeled and grated
- 1 large apple, grated
- ¼ cup soybeans or walnuts
- 1 Tbsp lemon juice
- 1 tsp cinnamon
- 1 tsp liquid honey

Directions:

1. Add soybeans to a small saucepan of boiling water. Cover and simmer for 2 minutes. Drain and place in a large bowl.
2. Combine carrots, apple, soybeans, lemon juice, honey and cinnamon. Stir to coat well.

Recipe from <https://www.cookspiration.com/recipe.aspx?perma=FBF802783DE&g=31>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. for more information please contact APPLE Schools at info@appleschool.ca

¹Strive for Five at School! A Guide to Promoting Fruits and Vegetables.

<http://nshps.ca/sites/default/files/root/files/S45%20Resource%20Guide%20Eng-Web.pdf> Accessed July 27, 2012

²Mix it Up!™ Campaign. Fruit&Veggies Primer.

<http://www.5to10aday.com/en/fruits-veggies-primer/fruits-from-a-to-z/a> Accessed July 27, 2012.

³EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx . Accessed July 20, 2012

