

Find out
about:

Carrots



Carrots grow underground - they are the root of a green feathery plant. The first carrots were grown in Central Asia - in countries now known as Iran, Pakistan, and Afghanistan. They were grown as herbs, and it was the leaves and seeds that were used.



Carrots can be all different colours - red, purple, white, yellow, or black. Orange carrots were eaten here for the first time about 400 years ago, in the time of King Charles II.



The orange colour in carrots comes from carotenes - our bodies use these to make vitamin A which we need for healthy skin and for our immune system to fight infection.



Raw carrots make a delicious crunchy snack and can be grated in salads or cooked as a vegetable. They are also good baked into cakes and muffins. One medium carrot (about 80g) counts as one of your 5 A Day.

Try
something
NEW!

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**Try some
carrots
and get
your sticker!**

