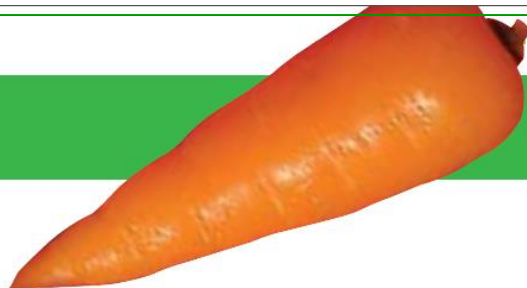


Carrots

School Fruit and Vegetable Scheme



Your delivery

- Each pack contains: at least 10 carrots
- Number of pieces per pupil: 1
- **Storage:** Ideally store in the refrigerator. Somewhere cool, dry, away from direct sunlight and chemicals, and ideally off the ground
- **Preparation:** Wash before eating

What to expect

Whole carrots should ideally be stored in the refrigerator. They will be specially graded, small-sized carrots and are to be eaten whole. The carrots should be washed before being eaten.

The carrots will have their green tops removed to a stump. The entire carrot may be consumed, but the children will normally discard the crown containing the stump. The carrots may also have white hairs and a long tail. These are also safe to eat, but you may wish to discard them.

Nutritional information

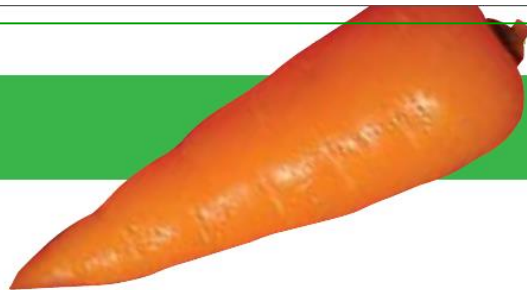
- ✓ Good source of vitamins A
- ✓ Good source of the natural plant pigment beta carotene (antioxidant).
- ✓ All fruit and vegetables are low in sodium, calories and fat and are a good source of dietary fibre

Place of origin

Carrots originated 3,000 years ago in middle Asia in what is now Afghanistan.

They are now grown all over the world.

Carrots



Tips for storing, handling and eating carrots at home

- Unpeeled carrots should be kept unwashed ideally in a refrigerator, otherwise in a cool dark place.
- Green tops should be closely trimmed since they tend to decay quickly.
- Carrots can be eaten raw (cut into sticks and eaten alone or with dips, sliced into rings or grated) or cooked (boiled, baked, roasted or steamed and included in soups stews and pies).
- Carrots can also be used in sweet recipes , such as carrot cake and Christmas pudding, and pureed carrot makes a refreshing drink.

How carrots are grown

- Carrots are root vegetables. Above ground they have ferny leaves.
- Carrots are grown from seeds.
- They take about four to seven days to germinate and the first shoots will emerge six to fifteen days after planting.
- The roots grow in one season, usually over five to nine months. They do not grow in the winter.
- When immature, carrots have a pale white/yellow appearance that gradually changes to a deep orange colour as they mature.
- Commercially grown carrots are harvested by a machine that gently pulls them out of the ground by their leaves.

Interesting fact

- The Romans ate carrots when they were feeling unwell because they believed that they were good for the digestive system.
- The first carrots were white, purple and yellow. The Dutch developed orange carrots in the 1600s.

Simple recipe

Make a simple salad by grating two carrots and half an apple. Mix with a tablespoon of toasted sesame seeds, pumpkin seeds or sunflower seeds, half a tablespoon of olive oil and half a tablespoon of lemon juice.

For more information

www.nhs.uk/5aday, www.nhs.uk/change4life , www.food.gov.uk , www.nhs.uk/healthyeating and www.childrensfoodtrust.org.uk