

**MyPlate suggests making half your plate fruits and vegetables.**

<http://www.choosemyplate.gov/>

# Carrots

**Did you know?**

**Carrots are available all year round!**

**Carrots contain a lot of Vitamin A, which helps keep your eyes, skin and hair healthy.**

**One serving of carrots contains 2 grams of fiber so you stay fuller longer!**

## **Fun Fact!**

**The first carrots were not grown for food; they were to be used as medicine.**

## **FIGHTBAC!**

**Clean: Wash hands and Surfaces Often**

**Separate: Don't Cross-Contaminate**

**Cook: Cook to Proper Temperatures**

**Chill: Refrigerate Promptly**

<http://www.fightbac.org/>

## **What am I looking for?**

- Look for carrots that are smooth, well colored, and firm.
- Be sure to wash carrots before eating.
- Bagged carrots keep for up to two weeks, but when they become limp and rubbery, it's time to throw them away.
- Avoid carrots that are wilted or show spots of decay.

## Carrot, Orange and Raisin Salad

**1½ cups carrots, washed and shredded**

**1 large orange, peeled and diced**

**1/2 cup raisins**

**1/2 cup plain low-fat yogurt**

**In a large mixing bowl combine carrots, oranges, and raisins. Add yogurt and mix well. Serve immediately or cover and refrigerate.**

**Preparation Time: 15 minutes**

**Serves: 6 portions (1/2 cup each)**

**Nutrition Facts:**

**Calories: 72**

**Total Fat: 0 g**

**Cholesterol: 0 mg**

**Sodium: 35 mg**

**Total Carbohydrate: 17 g**

**Protein: 2 g**

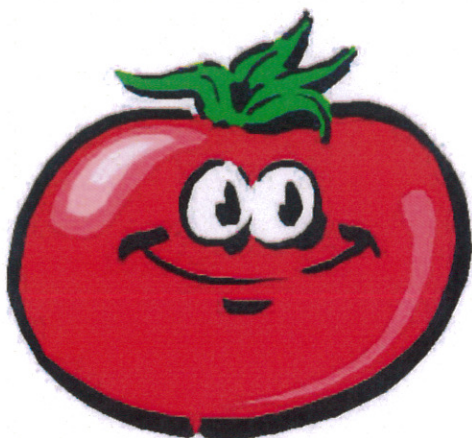
**<http://healthyliving.tamu.edu/recipes>**

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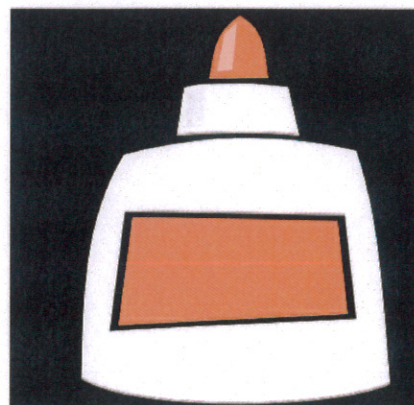
## Vegetable Joke

**Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.**

**How do you fix a broken tomato?**



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