

# SNACK FACTS

**Don't forget to wash your hands before you eat!**

Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

## CARROTS

**Are carrots grown in Ontario?**

- YES!
- Ontario's popular varieties include Caropak, Cellobunch, Chancellor, Six-Pak, Avenger, Apache, and Caro-chief.

**The carrots sent to your school were grown in Bradford, Ontario**

**When are carrots grown?**

- Ontario carrots are available all year round but peak from July to October.

**How are carrots used?**

- Raw (but washed) for a crispy and nutritious snack
- In stews, casseroles, soups, salads
- In vegetable juices
- To make carrot cake or muffins

**Did you know?**

- Carrots can help you see well in the dark because they are loaded with Vitamin A.
- Carrots are also a source of Vitamins C, B6, K, folate and minerals like potassium and manganese.
- There are also yellow, white and purple varieties.

## CARROTS



- *Eating Well with Canada's Food Guide* recommends eating one dark orange vegetable each day.

Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Carrots belong to the yellow-orange colour group:

- Yellow-orange vegetables and fruit contain special compounds called *phytochemicals* such as *beta carotene* and *flavonoids* which may reduce the risk of heart disease and some cancers.

**Reference:** *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools*. Northern Healthy Eating Project. 2006.



**Students:**

- Do you know where Bradford, Ontario is? Can you find it on a map? (Answer on back)

**Parents:**

- Watch out for handouts like the *Paint Your Plate!... at Dinner* information sheet that includes tips on how to include more vegetables and fruit in your child's dinner

**Teachers:**

- Carrots would be a great vegetable to grow in a school garden! For more information refer to *Paint Your Plate!* section 3.5.



# SNACK FACTS

## How to serve safe vegetables and fruit

- Wash your hands before preparing any foods.
- Thoroughly wash each vegetable and fruit separately, including each grape and the inner leaves of leafy vegetables, under cold running water.
- Re-wash produce labeled "pre-washed" such as salad-in-a-bag and other pre-cut vegetables and fruit.
- If buying packaged vegetables and fruit do not choose anything with damaged, dented or swollen packaging.
- If it's slimy, smelly, wrinkled, or moldy throw it out!

Source: *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools*. Northern Healthy Eating Project. 2006

## Where are the nutrients found in carrots?

- Near the surface, so keep the skin on, but wash it thoroughly before eating!
- Many nutrients are found in the skins of fruits and vegetables. So consider leaving the skin on and wash thoroughly.



**If vegetables are not a big hit with your family, try adding a new twist to how you cook them!**

### Ginger Carrots

- 4 cups (1L) chopped carrots
- 1/2 cup (125ml) vegetable or chicken broth
- 2 tsp (10ml) minced ginger root
- 1 tsp (5ml) minced garlic
- 1 tsp (5 ml) packed brown sugar
- 1/4 tsp (1ml) freshly squeezed lemon juice

In a large saucepan, combine carrots, broth, ginger, garlic, brown sugar and lemon juice. Bring to a boil, then reduce heat, cover and simmer for about 20 minutes or until carrots are tender-crisp and liquid is absorbed.

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## Where is... Bradford, Ontario?


Bradford is a small town that overlooks a farming community, known as The Holland Marsh, located on the Holland River that flows into Lake Simcoe.



## Remember:

Try to make healthy eating and physical activity a part of your daily routine.



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