

Harvest of the Month

Network for a Healthy California

Botanical name: *Daucus carota*



CARROTS

April

Cool Carrot Activities

Find all of the meals on the menu with carrots and draw a carrot next to them.

- How many are there?
- How many include raw carrots? How many include cooked carrots?
- Circle all of the meals you want to try.

DEL MAR UNION SCHOOL DISTRICT APRIL 2011

Meatless Mondays	Fiesta Tuesdays	All American Weds	Brown Bag Thursdays	Happy Fridays!
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
<i>Veggie Fruit Pack</i> – carrots, broccoli, cauliflower, grapes, pretzels, and cheese cubes <i>Applesauce</i> <i>Waffle Graham</i> <i>Milk</i>	<i>Homemade Bean Burrito</i> – vegetarian refried beans, cheese, tortilla <i>Dried Fruit Medley</i> <i>Cinnamon Grahams</i> <i>Milk</i>	<i>Baked Chicken Nugget Smiles</i> <i>Whole Wheat Roll</i> <i>Cucumber Slices w/ Ranch</i> <i>Sliced Apple</i> <i>Milk</i>	<i>Harvest Grain Turkey Sandwich</i> – whole grain bread, lettuce, tomato, cheese <i>Homemade Tricolor Pasta Salad</i> <i>Banana</i> <i>Milk</i>	<i>Cheese Pizza Bagel Salad Cup w/Ranch</i> <i>Tangerine</i> <i>(Stehly Farms Organics)</i> <i>Milk</i>
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<i>Hummus Pack</i> – hummus, pita wedges, carrot sticks, celery sticks, and cucumbers with Ranch <i>Apricot Cup</i> <i>Jungle Crackers</i> <i>Milk</i>	<i>Homemade Chicken Fajita Bowl</i> – beans, rice, chicken, cheese <i>Grapes</i> <i>Broccoli florets w/Ranch</i> <i>Goldfish Crackers</i> <i>Milk</i>	<i>Cheeseburger Salad Cup w/Ranch</i> <i>Navel Orange</i> <i>(Stehly Farms Organics)</i> <i>Cheez-it Crackers</i> <i>Milk</i>	<i>Teriyaki Chicken Wrap</i> - whole wheat tortilla, shredded carrot and cabbage <i>Raisins</i> <i>Pretzels</i> <i>Milk</i>	<i>Chicken Caesar Salad</i> <i>Whole Wheat Roll</i> <i>Fresh Strawberries</i> <i>Milk</i>
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<i>Yogurt Parfait Pack</i> – vanilla yogurt, grapes, sliced apple, and granola <i>Jicama Sticks</i> <i>Graham Crackers</i> <i>Milk</i>	<i>Homemade Chicken Rice Burrito</i> <i>Raisins</i> <i>Carrot Sticks</i> <i>Crunchy Snack Mix</i> <i>Milk</i>	<i>Baked Mini Corn Dog</i> <i>Homemade Bean Salad</i> <i>Strawberry Cup</i> <i>Vanilla Graham Cracker</i> <i>Milk</i>	<i>Turkey Ham Sub</i> – lettuce, tomato, cheese <i>Homemade Tricolor Pasta Salad</i> <i>Tangerine</i> <i>(Stehly Farms Organics)</i> <i>Milk</i>	<i>Homemade Cheese Quesadilla</i> <i>Cucumber Slices w/ Ranch</i> <i>Blueberry cup</i> <i>Milk</i>

All Menus Subject to Change

USDA and DMUSD are Equal Opportunity Providers and Employers

COOL CARROT ACTIVITIES

Nutrition Facts	
Serving Size: 1 cup, chopped (128g)	
Calories 52	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 430%	Calcium 4%
Vitamin C 13%	Iron 2%

Source: www.nutritiondata.com

What is a Serving?

A serving of carrots is one cup chopped carrots or 12 baby carrots. This is about two cupped handfuls.

Plant Parts

Look at the different parts of the plant that we eat. Draw lines to match the pictures with the correct words and descriptions.

Fruits

Protect seeds;
help seeds disperse.

Stems

Help leaves get sunlight;
move water and nutrients.

Roots

Anchor and support plants;
absorb water and nutrients.

Leaves

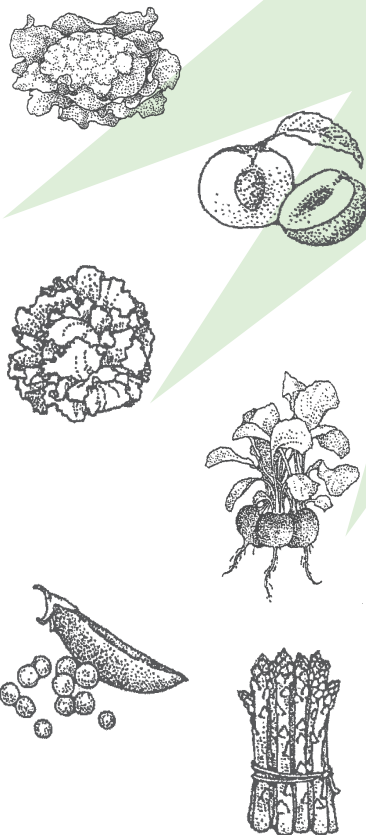
Make food through
photosynthesis.

Flowers

Produce seeds; attract
birds, insects and other
pollinators.

Seeds

Produce new plants;
provide food for young plants.



Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Carrots are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include carrots, yellow and orange bell peppers, corn, yellow summer squash, oranges, grapefruit, peaches, nectarines and cantaloupe.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.