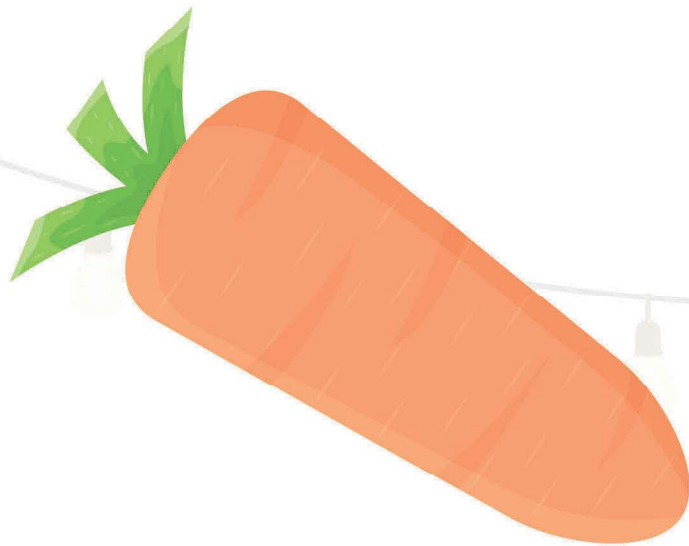


FOOD FESTIVAL

By Aspens

March



Carrots

Carrots



**Fact
1**

Carrots are full of vitamins, minerals and fibres that are good for your health.

Carrots are rich in Vitamin A which helps your eyesight and so you could say that carrots can help you to see in the dark!



**Fact
2**



**Fact
3**

The Guinness World Record for the longest carrot was 6.245 metres and was grown in England in 2016 - this is about as tall as a giraffe!

The carrot is usually orange in colour although purple, red, white, and yellow varieties also exist.



**Fact
4**

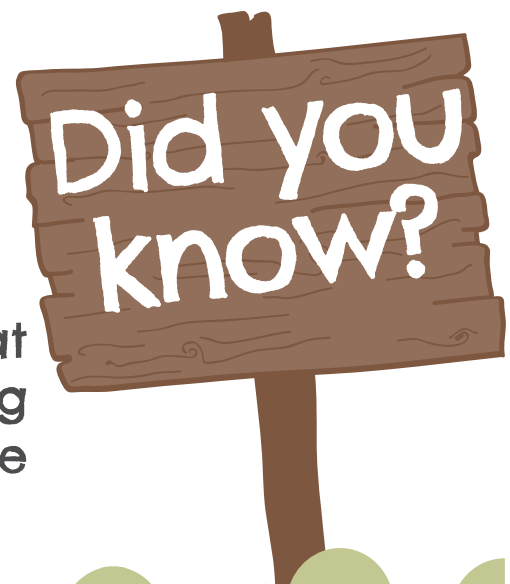


**Fact
5**

The natural sugars and sweetness of carrots allow them to be used in carrot cakes, desserts and jam. Carrot juice is widely consumed, especially as a health drink, with or without other fruits and



**Fact
6**



International Fact

China is the country where people eat the most carrots - this is not surprising as it is the country in the world with the highest population.



FOOD FESTIVAL

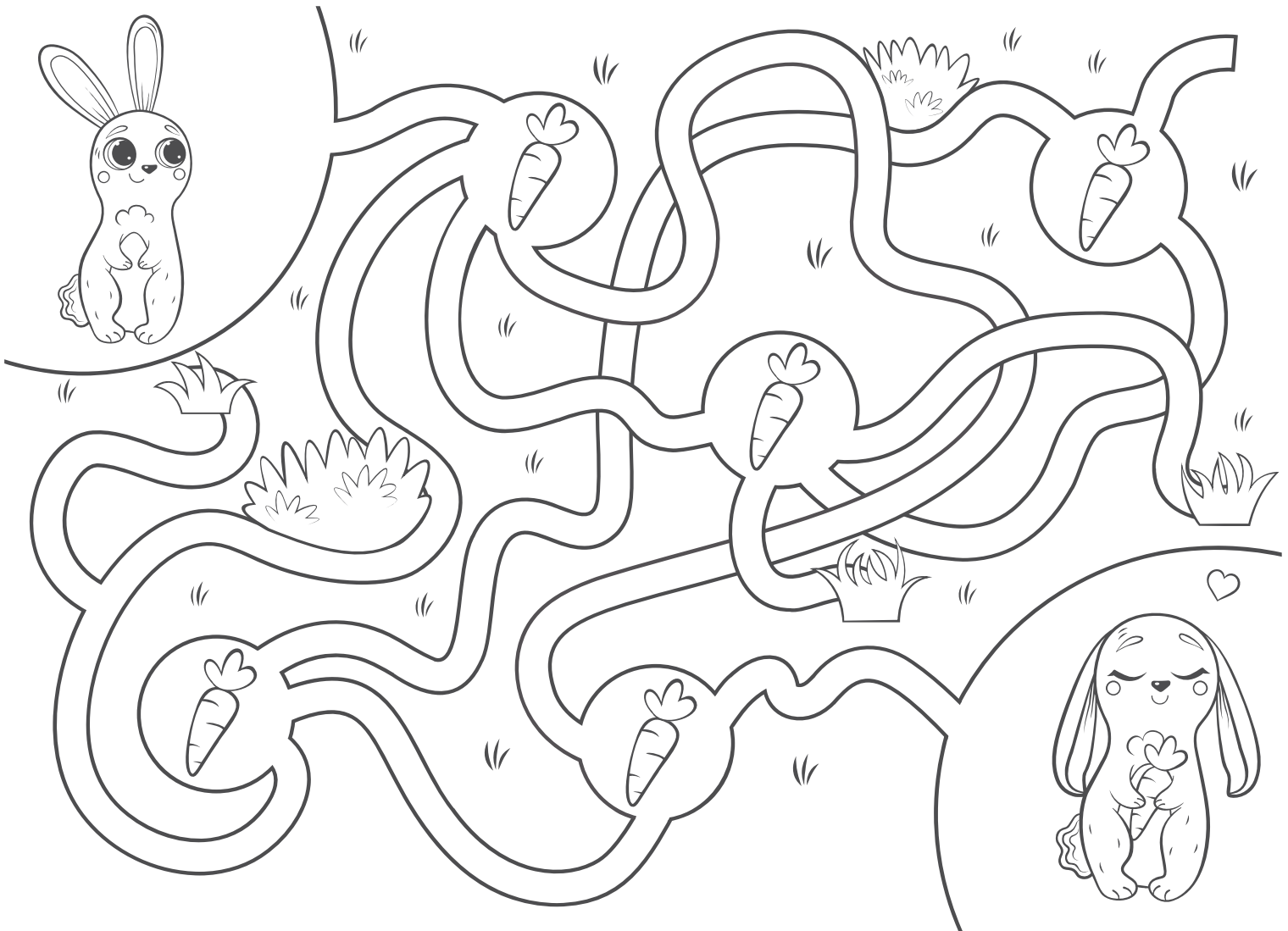
By Aspens

Can you help the hare?



Help the little hare collect all the carrots in a single line, without repeating the path twice. Make sure you use a pencil so you can rub out any wrong turns!

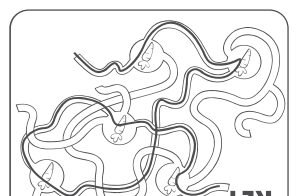
You can then colour me in!



Name:

School Name:

Class:





FOOD FESTIVAL

By Aspens

Recipe from Home

Tell us your favourite recipe from home and hand it to a member of the Aspens Team. Make sure it includes CARROTS! The winning dish will feature on our menu.



NAME OF DISH

INGREDIENTS

METHOD



Name:

School Name:

Class: