



# PUTTING DOWN ROOTS

## FARM TO SCHOOL PROGRAM

— Stark County Schools —

FEBRUARY  
**HARVEST  
OF THE  
MONTH**

## LEARN ABOUT CARROTS

The carrot is a root vegetable, usually orange in colour, though purple, black, red, white, and yellow cultivars exist. Carrots are a domesticated form of the wild carrot, *Daucus carota*, native to Europe and southwestern Asia.

**Energy: 41.35 Calories (per 100 g)**

**Protein: 930 mg (per 100 g)**

**Vitamin c: 5.9 mg (per 100 g)**

**Potassium: 320 mg (per 100 g)**

## TEACHER RESOURCES

### ELEMENTARY

- [Dig 'Em Up](#) - In this lesson students will investigate the functions of roots, recognize the difference between a tap and fibrous root system, and identify the roots of some plants as edible.
- ["The Carrot Seed" by Ruth Krauss](#) - This is a read along video!
- ["The Giant Carrot" by Jan Peck](#) - Study guide
- [What Do You Really Know About Carrots?](#) - Write opinion pieces on topics or texts, supporting a point of view with reasons and information.
- [Carrot-Casso: Art for Art's Sake](#) - Use carrots in a variety of ways for a visual art lesson.

### MIDDLE SCHOOL

- [Variety of Carrots](#) - Four varieties of carrots that work well for fall planting in school gardens.
- [Carrot Calculations](#) - Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities.

### HIGH SCHOOL

- [Food Frontiers](#) - This free, downloadable curriculum from the John Hopkins Center for a Livable Future, provides high school students with a deep understanding of critical food system issues. It is inquiry-based, standards-aligned and classroom ready.

  
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