

It's Crunch Time!!

Find the following **bold** words in the word search!

Carrots -- They were first grown for medicine, not food

Beta Carotene -- this is a name for vitamin A and it gives carrots their orange colour

Vitamins -- Carrots contain lots of vitamin A which keeps your eyes and skin healthy!

Eyes -- carrots are good for your eyes since they have lots of vitamin A

Antioxidant -- Carrots contain these which help keep your heart healthy

Afghanistan -- This is where carrots were first developed as a food

Daucus carota -- Are the Latin genus and species name for the carrot you ate today!

Umbelliferae -- Is the Latin name for the family of plants that carrots belong to

Celery -- Is a member of the same plant family as carrots

Parsley -- Is a member of the same plant family as carrots and celery

Fibre -- Carrots has lots of fibre to help keep you regular and to keep your heart healthy

Juwarot -- This healthy carrot contains twice as much carotene as other varieties

R	D	N	V	I	T	A	M	I	N	S	P	N	M
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J	A	R	P	A	R	S	L	E	Y	X	Z	A	B
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