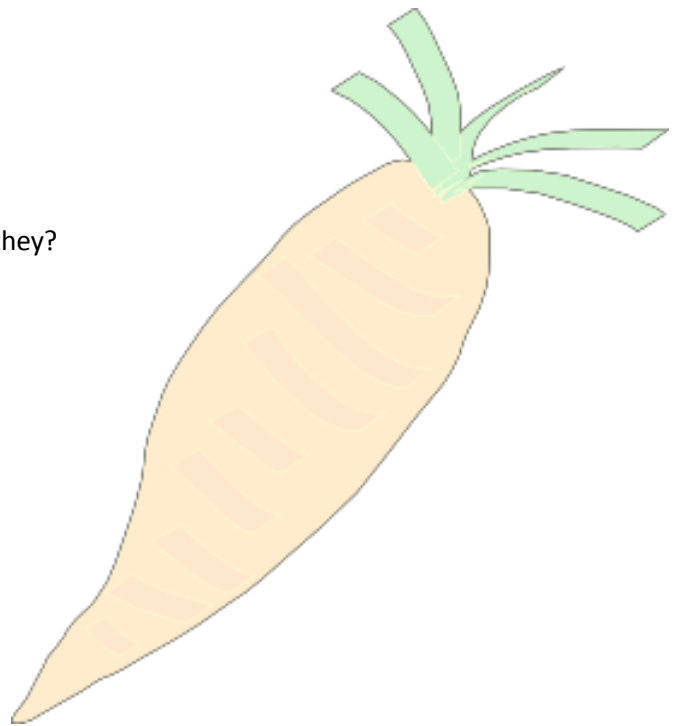


# The BIG CRUNCH Quiz

1. Carrots are the second most popular vegetable in the world. Which vegetable is the most popular?
2. Why were carrots first grown?
  - A. For food
  - B. For medicine
  - C. To be used as a sword
3. Where were carrots first grown 2000 years ago?
  - A. In Canada
  - B. In China
  - C. In the area now known as Afghanistan
4. The first carrots were not orange. What 2 colours were they?
  - A. Purple and yellow
  - B. Red and blue
  - C. Green and white
5. How long is the world's longest carrot ever recorded?
  - A. 6 metres
  - B. 1 metre
  - C. 100 metres
6. How heavy was the world's heaviest carrot?
  - A. 25 lbs
  - B. 1 lbs
  - C. 19 lbs



7. How many carrots does the average American eat in a year?
- a. 1 kg
  - b. 6.17 kg
  - c. 100 kg
8. If babies have a diet high in pureed carrots (baby food) they often develop orange skin from the carotene, which disappears when they decrease their carrot intake!
- True or False
9. No other vegetable or fruit contains as much Beta -Carotene as carrots. Which vitamin does carotene convert to?
10. Eating foods rich in Beta-Carotene provides which of the following?
- A. good vision and eye health,
  - B. strong immune system
  - C. healthy skin
  - D. All of the above

## The BIG CRUNCH Quiz Answer Key

1. Carrots are the second most popular vegetable in the world. Which vegetable is the most popular?

**Answer: Potatoes**

2. Why were carrots first grown?

A. For food

**B. For medicine**

C. To be used as a sword

3. Where were carrots first grown 2000 years ago?

A. In Canada

B. In China

**C. In the area now known as Afghanistan**

4. The first carrots were not orange. What 2 colours were they?

**A. Purple and yellow**

B. Red and blue

C. Green and white

5. How long is the world's longest carrot ever recorded?

**A. 6 metres**

B. 1 metre

C. 100 metres

6. How heavy was the world's heaviest carrot?

A. 25 lbs

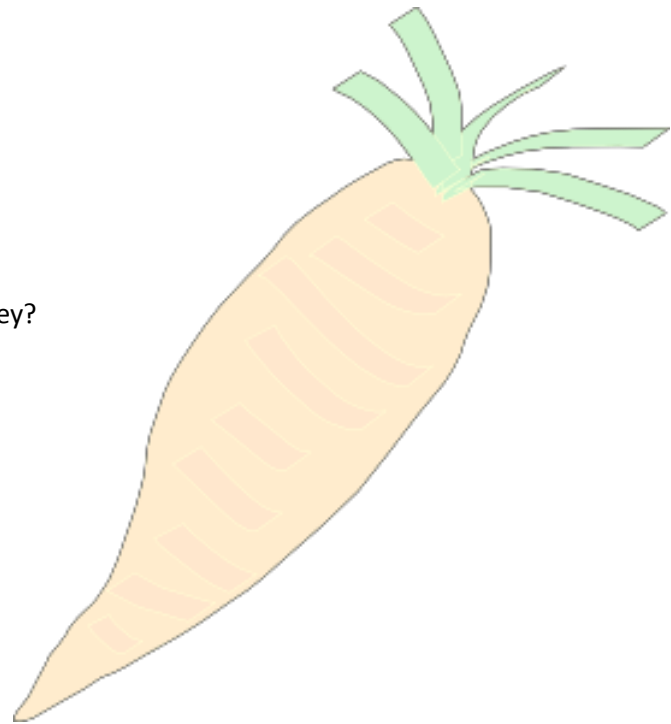
B. 1 lb

**C. 19 lbs**

7. How many carrots does the average American eat in a year?

A. 1 kg

**B. 6.17 kg**



C. 100 kg

8. If babies have a diet high in pureed carrots (baby food) they often develop orange skin from the carotene, which disappears when they decrease their carrot intake!

**True** or False

9. No other vegetable or fruit contains as much Beta -Carotene as carrots. Which vitamin does carotene convert to?

**Answer: Vitamin A.**

10. Eating foods rich in Beta-Carotene provides which of the following?

E. good vision and eye health,

F. strong immune system

G. healthy skin

**H. All of the above**