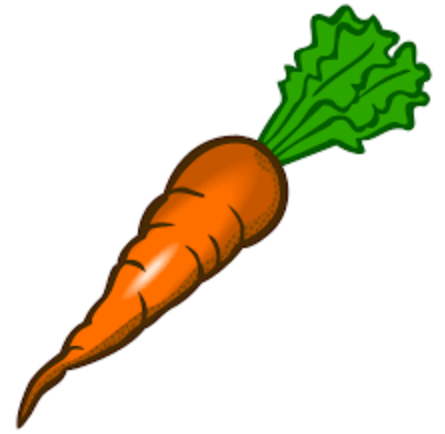


## The BIG CRUNCH Carrot Facts Quiz



1. Carrots are a good source of this vitamin, which helps our eyesight.
  - a. Vitamin C
  - b. Vitamin E
  - c. Vitamin A
  
2. Carrots can only be orange.
  - a. True
  - b. False
  
3. What happens when we eat too many carrots in a short period of time?
  - a. We get a stomach ache
  - b. Our skin turns yellow/orange
  - c. We can see better
  - d. Our hair grows longer
  
4. Carrots are a young plant and were first grown 50 years ago.
  - a. True
  - b. False
  
5. Carrots have a lot of this nutrient, which helps us feel fuller longer, and aids in our digestive health.
  - a. Protein
  - b. Fat
  - c. Fibre
  - d. Vitamin B6
  
6. Which compound is responsible for making carrots orange?
  - a. Vitamin C
  - b. Fibre
  - c. Beta-carotene
  
7. Carrots cannot be used to make baby food.
  - a. True
  - b. False
  
8. Carotenemia is when our skin turns purple because we eat too many carrots.
  - a. True
  - b. False

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