



The BIG CRUNCH

Facts about Carrots!

1. Carrots are ~90% water and ~10% carbohydrates
2. Carrots are a good source of fibre, which is important for your digestive system
3. Carrots are a good source of beta-carotene which turns into vitamin A in our bodies
4. They are also a good source of vitamin K, potassium and some B vitamins
5. Carrots have lots of antioxidants, which means they can help protect us from various health conditions
6. The vitamin A in carrots is good for our eyes
7. Carrots can be white, yellow, orange, red, purple or black
8. Carrots are a biennial plant, which means they take 2 years to fully grow
9. In 2016, half of the world's carrot crop was grown in China
10. Carrots are cooked and eaten in many ways – they can even be pureed and used to make baby food
11. Eating too many carrots over a period of time can cause our skin to turn yellow/orange, a condition called carotenemia
12. Carrots were first grown 5,000 years ago!
13. Purple carrots contain compounds called anthocyanins which are antioxidants
14. Carrot seeds are so tiny that 2000 of them can fit into a teaspoon!
15. The heaviest carrot ever grown weighed 10.17 kg (22.44 lbs)