



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Carrot

**In season:**



**Summer and  
Fall**

**Dakota: Pangi zizi**

**Lakota: p̣haŋǵí zizí**

## Preschool Lesson Plan

### Objectives

Participants will:

- identify carrots as a vegetable and the part of the plant that carrots come from.
- increase knowledge in harvesting, cleaning and use of carrots.
- demonstrate use of carrots in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Carrot visuals
- An actual carrot with green top if possible
- Vegetable brush and vegetable peeler
- A can of carrots

### Handouts or Take Home Items

- Pick it! Try it! Like it! Preserve it! fact sheet
- Coloring Sheet

### Recipe Choices

- Carrot Raisin Salad

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring Liquid and Dry Ingredients
- Knife Safety and Cutting Boards
- Stove Top Safety

### Other Cooking and Food Safety Skills

- Using a vegetable brush
- Using a vegetable peeler
- Using a grater

### Supplies for Carrot Lesson

- Carrot Raisin Salad
  - » Vegetable peeler
  - » Grater
  - » Cutting board
  - » Knife
  - » 1/4 cup measuring cup
  - » Teaspoon measure
  - » Bowl
  - » Spoon

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>The seeds used to grow this vegetable are really small.</li> <li>It is an orange vegetable, but some are purple, white, red or yellow.</li> <li>It grows in the ground.</li> </ul> <p>(Answer: Carrot.)</p>	<ul style="list-style-type: none"> <li>Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>After someone guesses the answer, or you tell them, show them visuals of carrots.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of vegetables each day.</p> <p>Kindergarteners should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> <li>Point to the MyPlate poster.</li> </ul>
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a carrot is?</p> <p>(Answer: Root.)</p> <p>Do you know why plants need roots?</p> <p>(Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> <li>Show Parts of the Plant visual.</li> <li>Point to the roots.</li> <li>Call on someone who would like to answer.</li> </ul>
<p>Carrots are a long, orange vegetable. They can also be purple, white, red or yellow. Carrots are crunchy. Carrots taste sweet.</p>	
<p>Have you planted carrots in your garden? Have you seen carrots growing in a garden?</p> <p>Carrots have green tops that grow out of the ground. The orange part grows under the ground.</p> <p>Carrots are dug out of the garden when they are ready to eat.</p> <p>They are ready to be dug in the summer or fall.</p> <p>After the carrots are dug out of the garden and before they are eaten, they should be scrubbed with a vegetable brush to get all of the dirt off of them. Sometimes they are peeled after they are cleaned.</p>	<ul style="list-style-type: none"> <li>Allow participants to share.</li> <li>Show a vegetable brush and vegetable peeler.</li> <li>Demonstrate how to scrub and peel a carrot.</li> </ul>
<p>To store carrots, put them in a plastic bag with holes poked in it. Put the bag in the refrigerator. Carrots can stay in the refrigerator for four to six months.</p>	

What You Say:	What You Do:
<p>How can we eat carrots?</p> <p>Carrots can be eaten raw as a snack or at mealtime.</p> <p>Carrots can be dipped in dressing or used in a salad.</p> <p>Carrots can be cooked.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
<p>We can buy carrots fresh at the grocery store. They can also be canned or frozen.</p>	<ul style="list-style-type: none"> <li>• Show a can of carrots if possible.</li> </ul>
<p>Why should we eat carrots?</p> <p>Carrots have vitamin A and vitamin C in them.</p> <p>Vitamin A is good for our eyes and skin. Vitamin C helps cuts and bruises to heal.</p>	
<p>Are you ready to use carrots in a recipe?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>

# Use this page if you are going to prepare Carrot Raisin Salad

## Equipment List

- Vegetable peeler
- Grater
- Cutting board
- Knife
- ¼ cup measure
- Teaspoon measure
- Bowl
- Spoon

What You Say:	What You Do:
<p>Today we are going to be making Carrot Raisin Salad.</p> <p>Here are the things that we are going to use to make the salad. What food group do these things come from? (Answer: Carrots - vegetable, Raisins - fruit, Lemon - fruit.)</p> <p>Let's talk about what we are going to do to make the salad.</p>	<ul style="list-style-type: none"> <li>• Show MyPlate and let participants tell which food group the ingredients come from.</li> <li>• Read the recipe to the participants.</li> <li>• Talk about the steps to make the salad.</li> </ul>
<p>The first thing we need to do is wash the carrots. Does anyone remember how we wash fruits and vegetables? (Answer: With cool, running water. Carrots need to be scrubbed to get the dirt off because they grow in the ground.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Review and demonstrate how to wash the carrots.</li> </ul>
<p>Next, we will peel the carrots.</p> <p>After the carrots are peeled, they will be grated.</p> <p>Does anyone know what we do when we grate a food? (Answer: Rub the food against a grater that makes it into small pieces.)</p> <p>We need to be very careful with the peeler and the grater because they are sharp.</p>	<ul style="list-style-type: none"> <li>• Show a vegetable peeler and demonstrate how to peel a carrot.</li> <li>• Show a grater and demonstrate how it is used.</li> </ul>
We are going to put the small carrot pieces into a bowl.	
Next, we will measure ¼ cup of raisins and put them in the bowl with the carrots.	<ul style="list-style-type: none"> <li>• Show the ¼ cup measure.</li> </ul>
Measure 2 teaspoons of sugar. To measure the sugar, we will fill the measuring spoon real full and then use a popsicle stick or table knife to level it off (make the top flat).	<ul style="list-style-type: none"> <li>• Demonstrate measuring and leveling the sugar.</li> </ul>
The sugar will be added to the bowl with the carrots and raisins.	
The last thing we are going to add to the bowl is the juice from a lemon. We will cut the lemon in half and squeeze it super hard to get the juice out.	<ul style="list-style-type: none"> <li>• Show a lemon and how to juice it.</li> </ul>
Now we will stir the carrots, raisins, sugar and lemon juice together. We want to mix it very well.	
<p>If we were making the salad at home, we would put it in the refrigerator and let it get cold.</p> <p>We are going to taste the salad now.</p> <p>If we have leftovers, where should we put them? (Answer: In the refrigerator.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Explain that it is important to put things in the refrigerator to keep them safe to eat.</li> </ul>



## Visuals



**The leaves of the carrot plant**



**A farmer harvesting carrots**



**Carrots that have to grow around rocky soil can become misshapen but they are still edible**



**Carrots can be grown in many different colors**

## Carrot Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Carrots, raw</b>	1 med./ 61 g	25	1.7	215%	4	195	12
<b>Carrots, cooked</b>	½ cup/ 78 g	27	2.3		3	183	11
<b>Carrots, baby, raw</b>	8 med./ 80 g	28	1.4		7	190	26
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

# Carrot Raisin Salad

## Ingredients

4 carrots, medium, peeled, grated  
¼ cup raisins  
2 teaspoons sugar  
1 lemon, juiced

## Directions

In a medium bowl, thoroughly mix carrots, raisins, sugar and the lemon juice. Serve chilled.

Makes 4 servings.

## Nutrition Information:

Calories	63
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	43 mg
Carbohydrates	16 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	2 g
Protein	1 g

Serving Size: ¼ of recipe

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/carrot-raisin-salad](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/carrot-raisin-salad)

This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

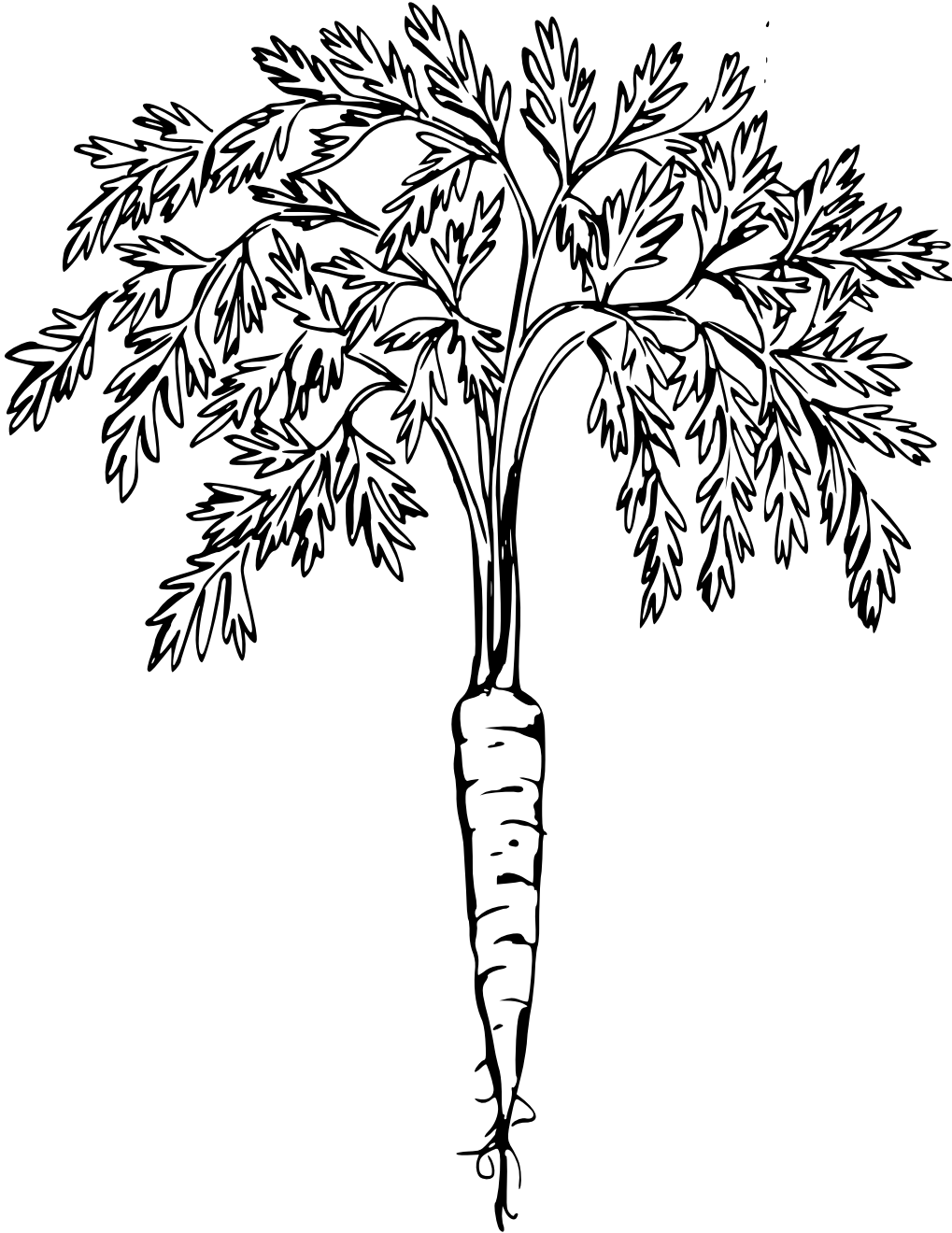
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# CARROT



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# Carrot Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots)

## Clues

- [vegetablefacts.net/vegetable-facts/carrot-facts/](https://vegetablefacts.net/vegetable-facts/carrot-facts/)

## Carrot Information

- [extension.illinois.edu/veggies/carrot.cfm](https://extension.illinois.edu/veggies/carrot.cfm)
- [eatfresh.org/discover-foods/carrots](https://eatfresh.org/discover-foods/carrots)
- [fruitsandveggies.org/fruits-and-veggies/carrots/](https://fruitsandveggies.org/fruits-and-veggies/carrots/)
- [snap-ed.michiganfitness.org/](https://snap-ed.michiganfitness.org/)
- [pickyourown.com](https://pickyourown.com)

## Cooking Terms

- [reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary](https://reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary)

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Fall

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## Pick it!

Baby carrots are slightly shorter carrots that have been peeled, trimmed, and packaged.

Select carrots with dark orange color for more beta-carotene.

Carrots can also be white, yellow, red and purple.

Avoid huge overgrown carrots, as centers can be woody.

Keep fresh for several weeks in the crisper drawer of the refrigerator, in pierced plastic bags with green tops trimmed.

Scrub all soil from carrots before eating or cooking; if desired, peel.

## Try it!

Carrots match well with almost any vegetable.

Raw carrots are good for snacking and adding to salads.

Cook by steaming, microwaving, roasting, grilling or stir-fry. Carrots can also be added to soups or stews.

Carrots can be shredded and baked into cakes and breads.

Green carrot tops can be added to soups and stews; store separately for just a few days.



## Types of Carrot

**Orange:** Most common, 7-10 inches long, many varieties

**Baby:** Tender and sweet, 3-5 inches long, 1/2 inch thick

**Purple, Red, Yellow, White:** Different pigments result in different colors



## Did you know...

Beta-carotene is an antioxidant in brightly colored fruits and vegetables. The brighter the color, the higher the beta-carotene. Our bodies use beta-carotene to make vitamin A.



**Like it!**

## **Braised Carrots with Fresh Herbs**

### **Ingredients**

- 1 pound baby carrots, whole or carrot sticks 2-3 inches long, halved or quartered
- 1 cup beef broth
- 1 teaspoon honey
- 1 Tablespoon margarine
- 2 Tablespoons fresh parsley, chopped or 1 Tablespoon dried

### **Directions**

1. Rinse, scrub and peel carrots.
2. In medium sauce pan, bring beef broth to a boil, add carrots, honey, butter and parsley. Cover and simmer for 4-5 minutes.
3. Remove carrots from the liquid to a warm plate.
4. Continue simmering the broth 15-20 minutes longer, until its a thickened liquid glaze.
5. Return carrots to pan and cover them with the glaze. Serve.

Yields 4 servings

Nutrition Facts per Serving:  
Calories 90; Fat 3.5g; Cholesterol 0mg; Sodium 125mg;  
Carbohydrates 13g; Fiber 3g; Sugar 7g; Protein 2g

## **Glazed Carrots**

### **Ingredients**

- 2 Tablespoons margarine
- 1 ½ pounds carrots
- 1 cup water
- ¼ teaspoon pepper
- 2 teaspoons sugar

### **Directions**

1. Rinse, scrub and peel carrots. Cut in half lengthwise, then into 1-inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the water, salt and pepper. Cover and simmer for about 15 minutes, until tender.
4. Drain the water, add the sugar.
5. Cover the pan. Shake the pan back and forth on the burner for 1 minute.
6. Cook for 1 more minute, until the carrots are glazed, but not brown.

Yields 6 servings

Nutrition Facts per Serving:  
Total Calories 80; Total Fat 4g, Saturated Fat 1g;  
Cholesterol 0mg; Sodium 102mg; Carbohydrates 11g;  
Dietary Fiber 3g, Total Sugars 6g, Added Sugars included 1g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots)

## **Dakota Perspective (wild carrots)**

*Dakota name: Pangī zizi*

A favorite amongst tribes, harvested for food, very nutritious and could be stored for a long time, eaten raw or added to soups. When looking for wild carrots they would often watch rabbits or look for where rabbits were digging them up. The root or edible part is white rather than orange. High in vitamins A and C and contains a high mineral content, good for skin and eye health.

*Translation and information provided by a member of Hunkpati Dakota.*

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