



Eat Your Carrots!

Baked, Boiled, Fried or Raw!

Goal: Carrots contain many nutrients like carotene, fiber, vitamin K1, potassium and antioxidants which means they are great fuel for our bodies! Include carrots in your meals using different cooking methods. Talk about how they have different textures when you cook them differently or have different tastes when you add other ingredients.

Why is this important? Carrots are valuable for cardiovascular health, vision, and enhance the immune system.

References:

Maimaran, M. & Fishbach, A. (2014). If It's Useful and You Know It, Do You Eat? Preschoolers Refrain from Instrumental Food. *Journal of Consumer Research*, 41(3), 642–655. <https://doi-org.uwinnipeg.idm.oclc.org/10.1086/677224>