



**KEY STAGE 1 & 2**

**DESIGN & TECHNOLOGY**

**HOW IS FOOD GROWN  
FOR ME?**



WELCOME TO THE  
WORLD OF

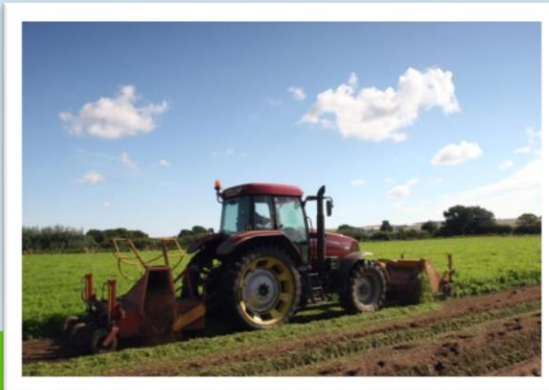
# TINY C



I WILL LEARN WHERE  
MY FOOD COMES FROM

## WHAT WILL I LEARN TODAY?

- I WILL LEARN WHERE FOOD COMES FROM
- I WILL UNDERSTAND HOW CARROTS GROW
- I WILL LEARN WHY EATING CARROTS IS GOOD FOR ME



TODAY

HOW DO CARROTS  
GET FROM FIELD  
TO SHOP?





LOTS OF  
CARROTY CHOICE

NANTES AND CHANTENAY ARE  
THE CARROTS YOU SEE A  
LOT IN SHOPS. NANTES ARE  
THE TALL ONES AND  
CHANTENAY ARE THE  
SHORT ONES.

THERE ARE OVER 60  
DIFFERENT VARIETIES OF CARROT  
AND THEY VARY IN COLOUR  
FROM WHITE AND YELLOW  
TO RED OR PURPLE



**CARROTS ARE THE  
PLANT'S ROOT**



WE EAT CHANTENAY  
CARROTS WHEN THEY ARE  
ONLY HALF WAY THROUGH THEIR  
LIFE OR GROWING CYCLE. THE  
CARROT IS THE ROOT, WHICH  
STORES THE ENERGY SO  
THAT THE LEAVES GROW  
TALL TO BECOME FLOWERS.





THESE ARE  
CARROT FLOWERS

YOU COULD HIDE IN THIS  
FIELD OF CARROT FLOWERS  
WHERE THE STEMS  
ARE UP TO 5 FEET TALL!



THIS IS WHAT HAPPENS TO  
CARROT PLANTS IF YOU LET THEM  
GROW. THEY MAKE FLOWERS AND  
SEEDS. SOME CARROTS CAN  
GROW TO 50CM LONG BUT  
THEY DON'T TASTE  
VERY GOOD.

THESE ARE  
CARROT SEEDS



EACH SEED MAKES A  
CARROT PLANT. THERE  
ARE ABOUT 2,000  
PLANT SEEDS IN THE  
PICTURE





## HARVESTING CARROTS

THIS IS WHAT A FIELD  
OF CHANTENAY CARROTS  
LOOKS LIKE WHEN IT IS  
READY TO BE HARVESTED.  
THE TRACTORS HAVE DONE  
ONE HALF AND THEY ARE  
READY TO DO THE SECOND  
GREEN HALF.



## HARVESTING CARROTS



THE GREEN TRACTOR  
DRIVES DOWN THE FIELD  
FIRST WITH A BIG  
LAWNMOWER ON THE  
FRONT TO CUT THE GREEN  
LEAFY TOPS OFF THE  
CARROTS. THIS STOPS  
THEM GROWING.

THE RED TRACTOR  
FOLLOWS BEHIND  
AND DIGS UP THE  
CHANTENAY CARROTS





## HARVESTING CARROTS

THE  
SOIL IS SANDY AND DRAINS  
WELL. THIS MEANS THAT THE  
CHANTENAY CARROTS CAN  
BE STORED IN THE  
GROUND UNTIL THEY ARE  
NEEDED

THIS IS WHAT CHANTENAY  
CARROTS LOOK LIKE  
AFTER THE  
LAWNMOWER TRACTOR  
HAS BEEN OVER THEM..



## HARVESTING CARROTS



THE RED  
HARVESTING  
TRACTOR ONLY  
HAS ONE WHEEL  
AT THE FRONT.

THIS LEAVES SPACE ON  
THE OTHER SIDE FOR  
THE HARVESTER





## HARVESTING CARROTS

THE TRACTOR  
DIGS UP THE  
SOIL WITH THE  
CARROTS IN IT  
USING THE BIG  
SHOVEL HERE...



## HARVESTING CARROTS



YOU CAN SEE  
THE CHANTENAY  
CARROTS IN  
THE SOIL...





## HARVESTING CARROTS

THIS IS THE  
BLANKET OF STRAW  
THAT CARROTS NEED  
TO STAY WARM  
OVER THE WINTER.  
THE FARMER CAN  
DIG THEM UP WHEN  
THEY ARE NEEDED.



## HARVESTING CARROTS

THE CARROTS  
ARE GIVEN A  
GOOD SHAKE AND  
THE SOIL DROPS  
OFF BEHIND THE  
TRACTOR...





## HARVESTING CARROTS



THESE CARROTS ARE  
BEING HARVESTED IN  
THE WINTER

THE CARROTS  
THEN GET PUT  
INTO A TRAILER  
TO GO TO THE  
FACTORY...



## DIRTY CARROTS



AT THE FACTORY THEY  
ARE TIPPED OUT OF  
THE TRAILER AND ANY  
STONES OR MUD ARE  
SHAKEN OFF





## WASHING CARROTS



THE MUD IS WASHED  
OFF IN A BIG BATH  
UNTIL THE CARROTS  
ARE AS CLEAN  
AS THIS.





## BRUSHING CARROTS



THE CHANTENAY NEED  
TO HAVE ANY ROOT  
HAIRS POLISHED OFF.  
THEY ARE TUMBLED  
IN A BIG BRUSHING  
MACHINE UNTIL...





## CLEAN CARROTS



THE CARROTS  
ARE AS CLEAN  
AS THIS.





## SORTING CARROTS

THEY NEED TO BE  
SORTED INTO SIZES  
AND CHECKED TO  
MAKE SURE THEY ARE  
CLEAN FOR US TO  
EAT.





## PACKING CARROTS

THEN THEY  
ARE PACKED...



## BUYING CARROTS



AND SENT TO  
A SHOP CLOSE  
TO YOU!!





## BUYING CARROTS



## HEALTH FACTS...

CHANTENAY CARROTS ARE LITTLE **NUTRITIONAL** SUPER HEROES. HERE ARE SOME OF THE EVERYDAY HEALTH BENEFITS THEY GIVE YOU:

- CARROTS ARE RICH IN **BETA CAROTENE** WHICH YOUR BODY MAKES INTO **VITAMIN A**. THIS IS IMPORTANT FOR THE IMMUNE SYSTEM, THE SKIN, LUNGS, INTESTINES AND EYES.
- CARROTS ALSO GIVE YOU **VITAMIN E** AND **FOLATE**. **VITAMIN E** HELPS YOUR BODY FIGHT ILLNESS AND **FOLATE** MAKES HEALTHY BLOOD CELLS
- CARROTS ARE RICH IN MINERALS SUCH AS **CALCIUM** FOR STRONG BONES AND TEETH AND **MAGNESIUM** THAT HELPS CONVERT FOOD TO ENERGY



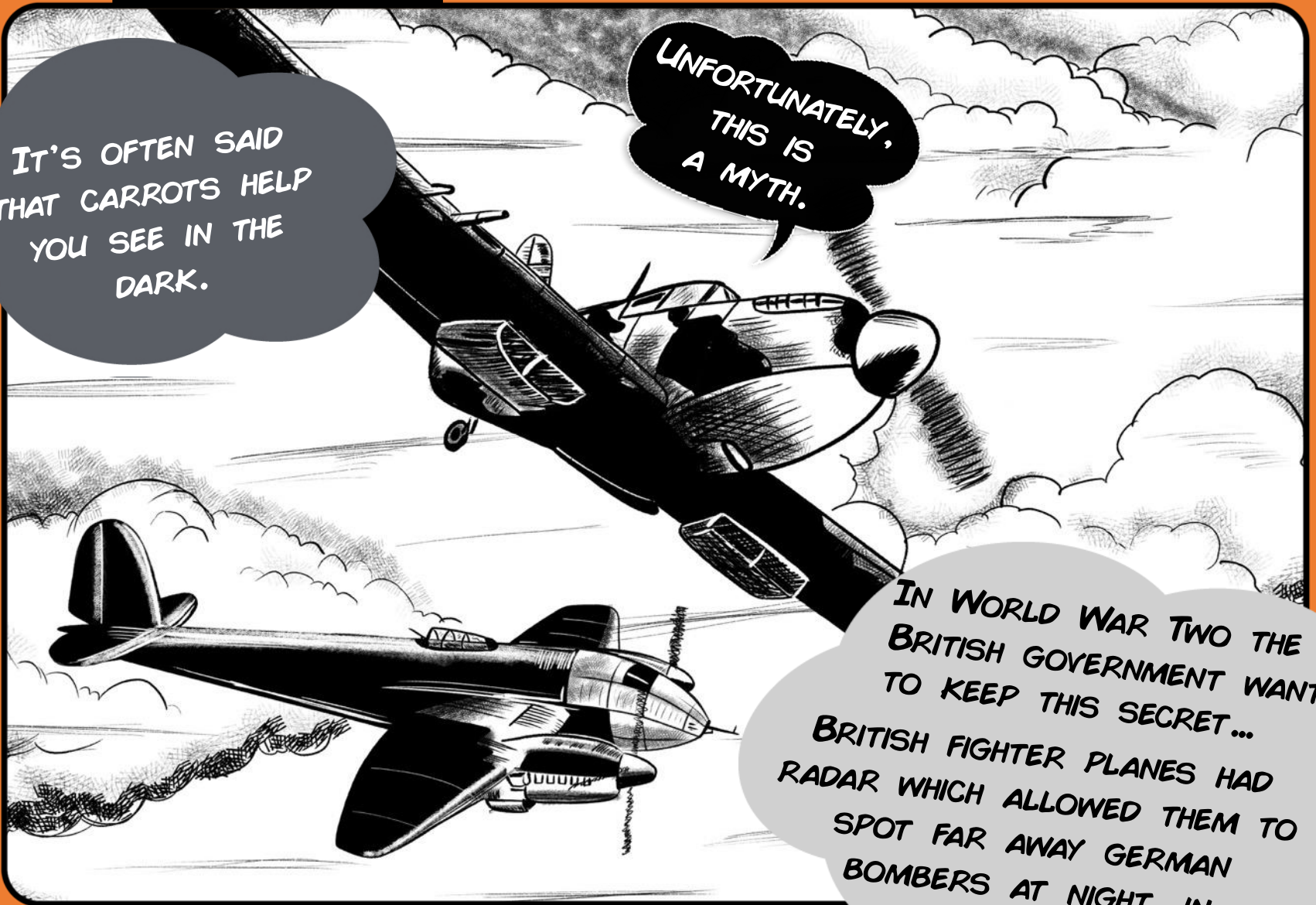


## HEALTH FICTION...

IT'S OFTEN SAID  
THAT CARROTS HELP  
YOU SEE IN THE  
DARK.

UNFORTUNATELY,  
THIS IS  
A MYTH.

IN WORLD WAR TWO THE  
BRITISH GOVERNMENT WANTED  
TO KEEP THIS SECRET...  
BRITISH FIGHTER PLANES HAD  
RADAR WHICH ALLOWED THEM TO  
SPOT FAR AWAY GERMAN  
BOMBERS AT NIGHT, IN  
THE DARK



HEALTH FICTION...



THE BRITISH AIRFORCE FED  
OUR PILOTS LOTS OF CARROTS.  
THEY ALSO PUT OUT THE  
STORY THAT THIS WAS THE  
REASON OUR EYESIGHT WAS  
FANTASTIC.

CARROTS DO PLAY  
AN IMPORTANT PART IN  
EYE HEALTH. VITAMIN A IS  
NEEDED BY YOUR BODY  
TO SEE IN LOW LIGHT.

BUT EATING LOADS  
OF CARROTS WILL NEVER  
MEAN YOU CAN SEE IN THE  
DARK. YOU CAN TURN A  
BIT ORANGE THOUGH!



## HEALTH FACTS...

- CARROTS NATURALLY PRODUCE **PHYTOCHEMICALS** TO PROTECT THEMSELVES AGAINST BACTERIA, VIRUSES AND FUNGI.
- 5 CHANTENAY CARROTS COUNT AS **ONE** OF YOUR FIVE-A-DAY.
- ONE PORTION (80G) CONTAINS JUST **20 CALORIES**.
- CHANTENAY CARROTS CONTAIN **FIBRE** WHICH IS GOOD FOR GUT HEALTH
- THE NUTRIENTS IN CARROTS CAN BE MORE EASILY ABSORBED BY YOUR BODY WHEN THEY ARE **COOKED** (BUT DON'T OVER COOK THEM).



TEST YOUR  
KNOWLEDGE...

QUIZ

1. WHICH PART OF A CHANTENAY CARROT DO WE EAT?
2. HOW MANY TRACTORS ARE NEEDED TO HARVEST CARROTS?
3. WHERE DO CARROTS GO WHEN THEY HAVE BEEN HARVESTED?
4. HOW DO FARMERS KEEP CARROTS WARM IN WINTER?
5. WHY CARROTS GOOD FOR YOU?
6. DO CARROTS HELP YOU SEE IN THE DARK?

## ANSWERS...

1. THE ROOT.
2. TWO TRACTORS - ONE CUTS OFF THE TOPS, THE OTHER DIGS THEM OUT FROM THE SOIL.
3. TO A FACTORY TO BE WASHED AND PACKAGED.
4. UNDER A BLANKET OF STRAW.
5. THEY ARE PACKED FULL OF NUTRIENTS LIKE ALL OTHER VEGETABLES AND THEY ARE GOOD FOR YOU.
6. NO. IT'S A MYTH FROM THE SECOND WORLD WAR.

## USEFUL INFORMATION

[WWW.CHANTENAY.CO.UK](http://WWW.CHANTENAY.CO.UK)

[WWW.NHS.UK/CHANGE4LIFE](http://WWW.NHS.UK/CHANGE4LIFE)

[WWW.NHS.UK/LIVE-WELL/EAT-WELL/](http://WWW.NHS.UK/LIVE-WELL/EAT-WELL/)

[VEGPOWER.ORG.UK](http://VEGPOWER.ORG.UK)

[WWW.NHS.UK/CONDITIONS/VITAMINS-AND-MINERALS/](http://WWW.NHS.UK/CONDITIONS/VITAMINS-AND-MINERALS/)

[WWW.CARROTMUSEUM.CO.UK](http://WWW.CARROTMUSEUM.CO.UK)