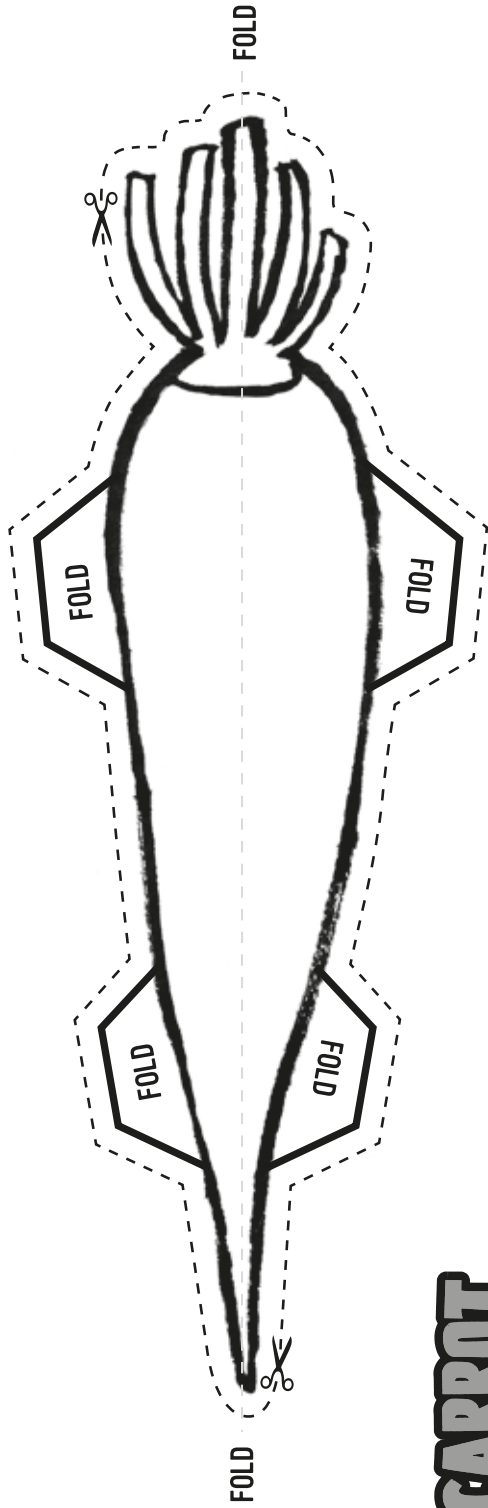


**EAT THEM
TO DEFEAT THEM**

TastEd



CARROT

For most of history, carrots were not orange. In the seventeenth century, the main colours of carrots in Europe were white, red, purple and yellow.

SOUND: Take two carrots and peel them. Cut one carrot into sticks and grate the other one. Use your sense of **HEARING** to notice the sounds the different types of carrot make when you eat them. Which is louder when you eat it, a crunchy carrot stick or some grated carrot?
Can you describe how it sounds?

TastEd is short for Taste Education. It is a fun programme of food literacy designed to help children learn to love vegetables and fruits.

For more information go to www.tasteeducation.com



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