

CALLING ALL RAINBOW FOOD EXPLORERS!

Bring your whole family and join us for some fun family food adventures! We'll use our senses to explore a rainbow of different foods and we'll make some delicious discoveries along the way. We'll share fun facts and creative activities for kids of all ages. Food gives us fabulous fuel to help our bodies stay healthy and strong, but it's so much more. Food helps us connect and celebrate with other people, and it can be a fun way to learn all about the world around us.



CARROTS

LET'S EXPLORE CARROTS!

You'll need:

1 bunch
of carrots,
1 knife,
1 plate or
cutting board,
1 vegetable
brush

BE FOOD SAFE: BEFORE YOU START:

- > Explore the whole carrots first, then scrub them under running water for at least 10 seconds.
- > Wash your hands with soap and warm water for at least 20 seconds before continuing to explore, cut and eat the carrots.
- > Make sure all surfaces, cutting boards and utensils are clean.
- > Use a child-safe knife and always supervise young children when using knives.

How to be a Rainbow Food Explorer:

Take your time. Use all your 5 senses. Explore the whole carrots first, then carefully cut the tops off and cut the carrots to explore them further. Read the questions before you start and think about how you can describe what you discover. Get creative! You can write notes or a story, draw some pictures, take photos or even record a short video as you explore!

WE'D LOVE TO SEE WHAT YOU FIND OUT!

Email us at hello@rainbowplate.com or post your work on social media. Be sure to tag [@rainbowplate](https://www.instagram.com/rainbowplate) and [@secondharvestca](https://www.instagram.com/secondharvestca) and [#rainbowfoodexplorers](https://www.instagram.com/rainbowfoodexplorers) so we can see and share your amazing work!



LOOK

- Describe how the whole carrots look. What shapes and features do you see? Is there any earth on the carrots? Why? (Hint: where do carrots grow?)
- Look closely at the carrot tops. What do you notice?
- What colours and patterns do you see inside the carrot? What's different if you cut it differently?



FEEL

- Use your fingertips to feel the carrot and the leaves. What words can you use to describe the way they feel? Can you bend or break the carrot?



SMELL

- Close your eyes and smell the whole carrot. Describe how it smells. Is it different after you scrub it? Does it remind you of a place or a memory?



HEAR

- What sound do you hear when you cut the carrot? When you bite it? Compare the sound when you crunch the carrot with your mouth open and closed. Try it with your hands over your ears. What do you notice?



TASTE

- See how many different flavours you can notice and describe when you're eating the carrot. What differences do you notice in the texture and taste of raw and cooked carrots?

EDIBLE EXPLORATION: Crispy Carrot Strips

Ingredients:

- 5- 6 carrots, scrubbed and dried
- 2 tablespoons olive oil
- ½ teaspoon each, ground cumin, cinnamon and salt
- pepper, to taste

Equipment:

- vegetable peeler
- knife
- cutting board
- baking sheet
- measuring spoons

Instructions:

- Preheat the oven to 400°F (200°C).
- Cut the tops off the carrots and save them for another use. (Check out the ideas below!)
- Use the vegetable peeler to cut the carrots into long, thin strips, including the peel!
- Place all the carrot strips on a baking sheet lined with parchment paper. Drizzle with the oil and sprinkle the spices & salt on top.
- Toss the strips with your clean hands until they are evenly coated with the oil and spices. Spread them out into a single layer.
- Bake for 12 minutes, and then carefully turn the strips over. Bake for another 12 minutes or more, until crispy and brown, but not burnt.
- Let cool before eating. Enjoy!

Rainbow Food Explorer Challenge:

Change up this recipe! What other spices would taste great? What other veggies could you use? Post a picture of your carrot creation on social media for us to see. Remember to tag @rainbowplate @secondharvestca and #rainbowfoodexplorers!



CARROT DESCRIPTIVE WORDS:

bright • orange • long • thin • round • cylinder
cone • core • root • green • leaf • smooth
hard • bumpy • rough • hairy • feathery • leafy
• earthy • fresh • summery • sweet • juicy
flexible • crunchy • chomp • chew • nibble

DID YOU KNOW?

- ♦ Carrots aren't just orange. They come in a whole rainbow of colours!
- ♦ Carrots were first grown in Afghanistan.
- ♦ Carrots are the second most popular vegetable in the world, after potatoes.

FABULOUS FOOD ART!

Draw a beautiful garden with carrots growing in it. The carrot roots grow in the soil below the ground and the leafy green tops grow above the surface. What other plants, animals and things would you find in your garden, above and below the ground?



Try this “grate” idea! Grate raw carrots to make “sprinkles” and add them to salads, sandwiches, eggs or hummus for a bright orange pop of colour and crunch! What else could you add them to?

Regrow a carrot plant! Trim the greens and cut a small piece from the top end of a carrot. Place in a shallow dish with a bit of water. New greens will sprout in a few days! You can plant it in a pot with soil or right in the garden. The greens will keep growing and the plant will eventually flower and produce carrot seeds (but not a new orange root!)

Be a Zero Waste Hero and a #FoodDefender: Carrot top pesto: Chop the (washed) green leaves from a bunch of carrots in a food processor with 2 cloves of garlic, 1/3 cup of parmesan cheese, 1/3 cup of olive oil, 1/2 tsp salt and the juice of 1 lemon. Serve it on pasta, beans, grains, baked potatoes, chicken or fish. Get a Zero Waste Cookbook at SecondHarvest.ca/zero



RAINBOW PLATE
healthy eating made simple

FIND US AT
rainbowplate.com