Baby Carrots

- Today's baby carrots are made from longer carrots that have been peeled and cut into smaller size.
- Carrots are a root vegetable that grows underground.
- Carrots are a nutritious vegetable that come in many different fun colors: purple, white, and orange just to name a few.
- The green tops of carrots can also be eaten.
- The largest carrot on record was 17 feet in length, and weighed almost 19 pounds!
- Carrots are sweet, fun to eat and good for you!

Click to see how baby carrots are made!

OKCPS School Nutrition Services

FRESH FRUIT & VEGETABLE PROGRAM