

Name \_\_\_\_\_

### 5 A Day Take Home Activity

In class this week your child talked about carrots. Carrots are a great source of vitamins and minerals to keep you healthy. It is especially high in vitamin A, which helps to keep your eyes healthy. Try not to overcook this vegetable to keep the same good taste, their bright appearance and their valuable vitamins.

Please help your child with this fun project by connecting the dots to reveal this important vegetable. Make sure that this is returned to your child's teacher. You and your child will then be entered into this week's 5 A Day raffle.



Questions for parents:  
How does your child like to eat their vegetables?  
A. Raw  
B. Cooked

Do you try and serve *green* vegetables at home?  
A. Yes  
B. No