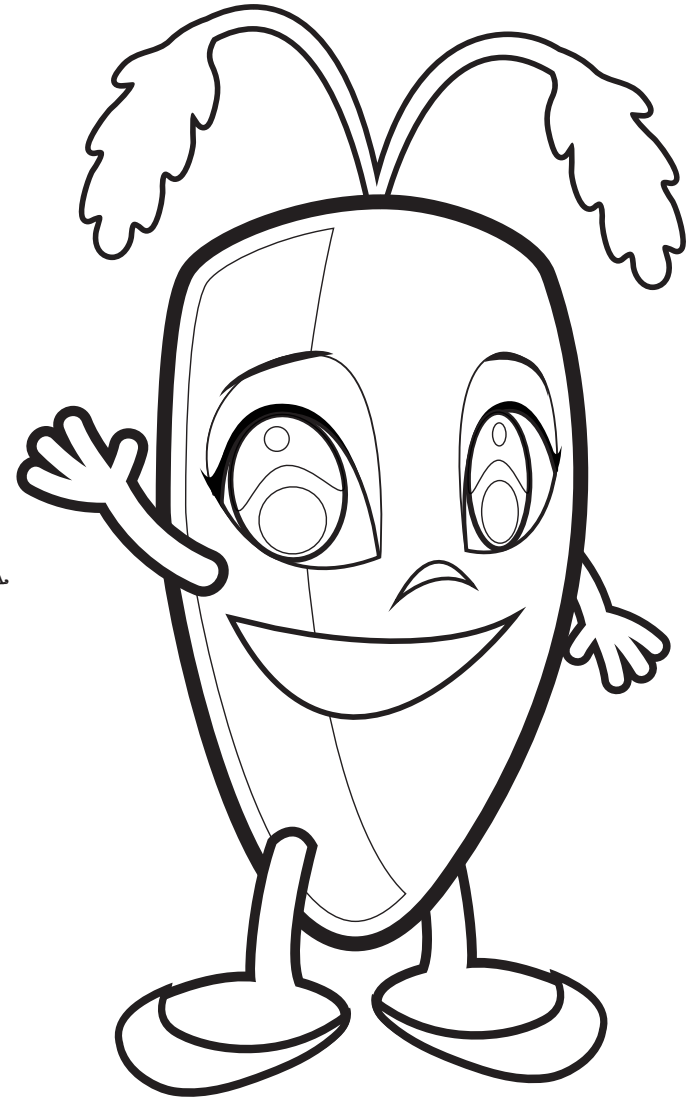




# Fun Food Facts!

- a** Carrots are very good for you. They are an excellent source of vitamin A, which is essential for healthy eyes, your skin and big strong bones.
- b** Carrots have been grown by people for as much as 5,000 years.
- c** The average person will eat 10,866 carrots in a lifetime!
- d** We think of carrots as orange, but they can also be white, yellow, red, and even purple!

[www.fuelzoneprimary.co.uk](http://www.fuelzoneprimary.co.uk)



Chloe