A. Cinnamon Carrot Crunch

**Prep time:** 15 minutes  
**Serves:** 12  
**Serving Size:** 1/4 cup

**Utensils needed**  
Peeler  
Knife  
Cutting board  
Large mixing bowl  
Measuring spoons  
Measuring cup  
Mixing spoon

**Nutrition Facts**  
Serving Size 1/4 cup  
Servings Per Container 12  

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>30mg</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17g</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>14g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>70%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6%</td>
<td></td>
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</tbody>
</table>

**Calcium 4%  •  Iron 2%**  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
Calories: 2,000  •  2,500  
Total Fat: Less than 65g  •  80g  
Saturated Fat: Less than 20g  •  25g  
Cholesterol: Less than 300mg  •  300mg  
Sodium: Less than 2,400mg  •  2,400mg  
Total Carbohydrate: 350g  •  375g  
Dietary Fiber: 25g  •  30g

**Calories per gram:**  
Fat 9  •  Carbohydrate 4  •  Protein 4

**Ingredients**  
4 medium carrots, grated  
2 medium apples, chopped  
1 celery rib, chopped  
1 tablespoon of lemon juice  
3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)  
3/4 cup of vanilla yogurt  
1 teaspoon of cinnamon

**Directions**  
1. Wash your hands and clean your cooking area.  
2. Wash the carrots, apples, and celery.  
3. With a knife or peeler, peel the carrots.  
4. Chop the carrots, apples, and celery, and place them in large mixing bowl.  
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.  
6. Stir them until they are coated evenly.  
7. Chill the salad before serving it.

**Kitchen math and science**  
1. Carrots are a great source of what vitamin? Vitamin __________

2. On average, how many pounds of carrots does a person eat each year? __________ (Hint: Use your Veggie Mania Research Chart)

3. In 5 years, how many pounds of carrots does the average person eat? __________  
   Show your work here:

4. How many cups does 1 stalk of chopped celery fit into? __________

5. Circle the bigger measure:  
   teaspoon  •  tablespoon

**How the children can help:** Wash the produce, peel the carrots, measure the ingredients, and stir the salad.