



IDEA Child Nutrition Program JANUARY 2023 Harvest of the Month

COLORING ACTIVITY



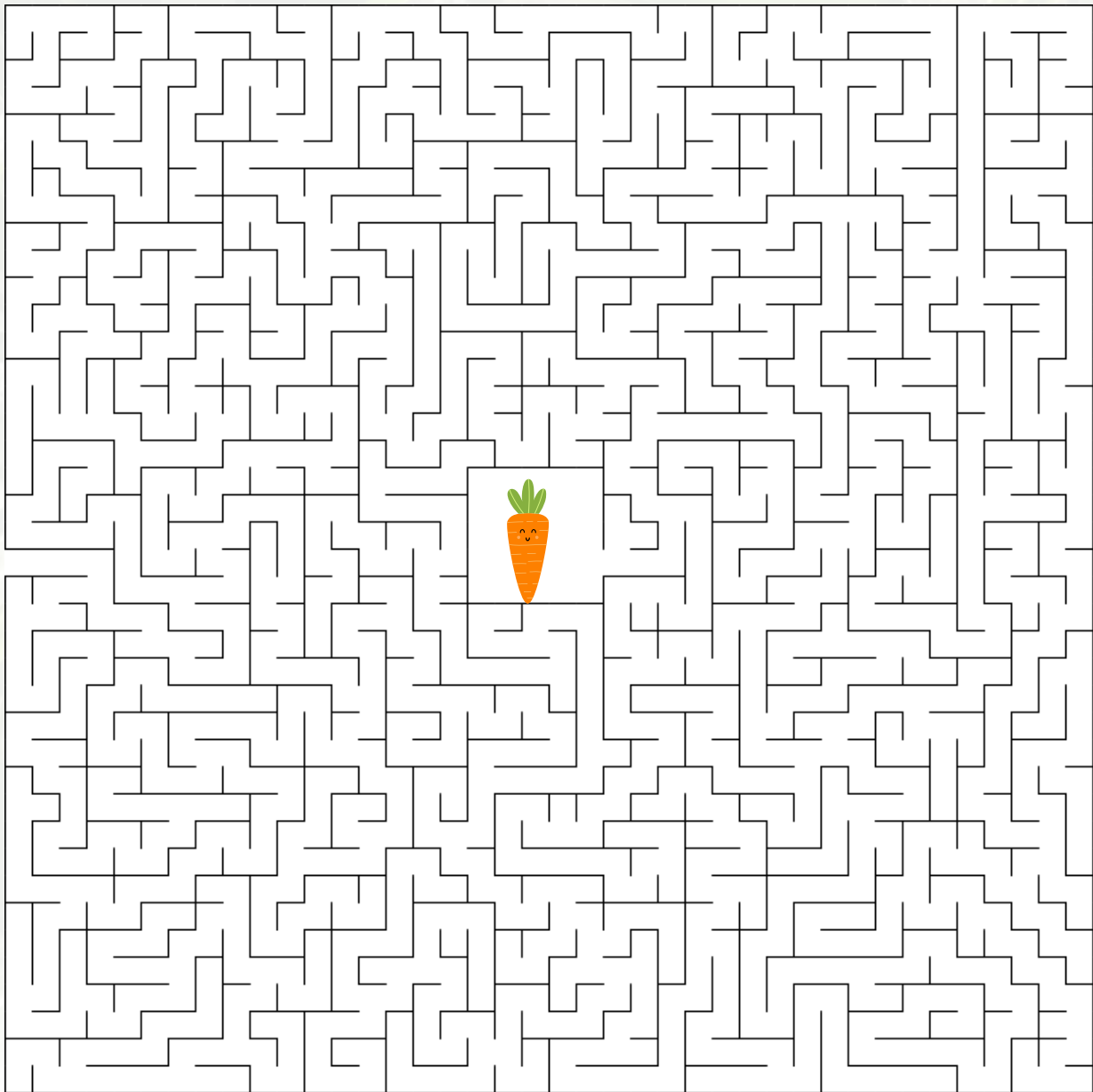
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MAZE

Directions:
Find your way to the CARROT in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.



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WORD SCRAMBLE

Directions:
Unscramble the CARROT Related Words!

Scrambled Word

Unscrambled Word

1. OTCRSRA
2. ZNOHORI AVIST
3. ENRIWT
4. NFIUMF PTO
5. RAAJYNU
6. ROTO EGIEGV
7. NOAREG
8. RLPEPU
9. HEIWT
10. EDR
11. COTRAEEN
12. TESEW

ANSWER KEY

- | | |
|------------------|----------------|
| 1. CARROTS | 6. ROOT VEGGIE |
| 2. HORIZON VISTA | 5. JANUARY |
| 3. WINTER | 4. MUFFIN TOP |
| 4. MUFFIN TOP | 10. RED |
| 5. JANUARY | 11. CAROTENE |
| 6. ROOT VEGGIE | 12. SWEET |
| 7. ORANGE | |
| 8. PURPLE | |
| 9. WHITE | |
| 10. RED | |
| 11. CAROTENE | |
| 12. SWEET | |



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Word Search

Directions:

- Find the CARROT related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CARROTS
HORIZON
VISTA
VARIETIES

JANUARY
ROOT
VEGGIES
COLORFUL

HARVEST
WINTER
CAROTENE
NUTRITIOUS

J	W	G	K	Q	E	T	Z	S	V	N	S	F	F	R	X	N	T	N	O
J	Y	L	H	M	V	I	S	T	A	A	O	W	E	Q	O	L	S	J	P
S	E	I	G	G	E	V	Z	O	S	J	R	T	H	Z	H	Z	E	H	O
L	N	D	B	H	T	O	E	R	B	M	N	I	I	W	N	S	V	G	H
O	U	U	A	O	X	A	V	R	C	I	M	R	E	G	R	F	R	J	J
C	L	F	T	T	O	M	P	A	W	G	O	O	P	T	V	H	A	A	T
L	X	P	R	R	D	O	N	C	W	H	H	W	U	M	I	T	H	N	A
P	A	Q	K	O	I	C	A	R	O	T	E	N	E	R	Q	E	J	U	E
I	P	C	X	A	L	T	P	C	D	G	Y	A	O	D	F	A	S	A	W
I	B	D	T	X	Z	O	I	X	S	W	Q	O	B	O	K	I	W	R	P
O	W	H	W	O	W	B	C	O	Z	N	T	W	Q	V	Q	K	H	Y	Q
R	L	P	A	Z	Y	T	A	V	U	F	I	G	X	Y	U	I	L	J	S
H	V	X	Y	E	A	X	J	Q	O	S	H	T	I	M	I	O	U	V	K
G	P	X	V	E	X	I	O	Z	Z	U	Q	W	Z	K	N	Z	J	G	J
M	X	O	D	E	N	Q	F	F	T	T	R	G	G	R	N	H	W	D	N



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CARROTS

VARIETIES

Cosmic Purple Carrots



These can be considered the "original" carrot! They are a beautiful deep purple, nutritious and have a sweet flavor.



Solar Yellow Carrots



Yellow carrots are part of the same family as fennel, parsnips, cumin and dill! They have a bright, sweet flavor that makes it perfect for juicing!



Atomic Red Carrots



Red Carrots originated in China and India in the 18th Century. These are sweeter than orange carrots with an earthy undertone.

CARROT Fast Facts

The average person eats about 8.3 pounds of fresh carrots and 1.4 pounds of frozen carrots every year!

California grows more than 85% of all carrots in the United States. Michigan and Texas also grow carrots!



Orange carrots are fairly new—they were introduced in the 1600s. Before then, white and purple varieties were popular.

Carrots are so versatile! They are raw or cooked in savory dishes like stews or in baked goods like our Sunny Oatmeal Round!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2023 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve



IDEA
Public Schools

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IDEA Child Nutrition Program JANUARY 2023 Harvest of the Month Recipe

Sunny Oatmeal Round



INGREDIENTS

- 1 egg, beaten
- 1/2 cup of milk, any kind
- 1/4 cup canola or olive oil
- 1/2 cup of brown sugar
- 1 1/2 cup of flour
- 2 tsp. baking powder
- 1/2 tsp. salt
- 3/4 cup Old Fashioned Oats
- 1 cup of shredded carrots
- 1 1/8 cup orange juice
- 1/2 cup dried cranberries
- 1 tsp. vanilla extract
- Cooking spray

STEPS

1. Preheat oven to 350F
2. Spray a baking sheet with cooking spray.
3. In a large bowl, mix together the flour, baking powder and salt.
4. Add in the oats, brown sugar, cranberries and carrots. Stir to combine.
5. Add in the egg, oil, vanilla extract and orange juice. Stir with a spoon until all ingredients are combined, and no dry flour is visible. It is okay to have lumps in the mix!
6. Spray the inside of a 1/3 cup measuring on the inside. Use the measuring cup to portion the batter. Place on the baking sheet, leaving a 2" space between each round.
7. Bake in the oven for 8-12 minutes or until golden brown. Tip: Test for doneness by sticking a toothpick in the center. Rounds are done when toothpick comes out clean.
8. Carefully remove from oven and let cool for 15 minutes. Enjoy!



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