

# The BIG CRUNCH - Quiz

1. Which of the following is a carrot seed?

A



B



C



2. Carrots are grown in trees. True or False

3. What colour are carrots?

- A. Purple
- B. Orange
- C. Yellow
- D. White
- E. All of the above

4. Baby Carrots are 'young' carrots picked before they are fully grown. True or False

5. The best thing about growing your own carrots is...

- A. They are more nutritious
- B. They are bigger
- C. They taste better

6. How long is the world's longest carrot ever recorded?

- A. The length of a guitar ( 1 metre)
- B. The height of a giraffe (6 metres)
- C. The length of a football field (100 metres)

7. All carrots need to be peeled. True or False

8. If a person eats *a lot* of orange carrots ...

- A. Their skin will turn orange
- B. They will be able to see through walls
- C. Their nails will grow longer

9. Orange carrots are very high in Beta -Carotene. Which vitamin does carotene convert to?

- A. Vitamin A
- B. Vitamin B
- C. Vitamin C

10. Eating foods rich in Beta-Carotene provides which of the following?

- A. good vision and eye health,
- B. strong immune system
- C. healthy skin
- D. All of the above



## The BIG CRUNCH – ANSWER KEY

1. Which of the following is a carrot seed? A



B



C



2. Carrots are grown in trees. True or **False** - They are grown in the ground. The 'root' is what we eat. Did you know you can eat the tops too!
3. What colour are carrots?  
A. Purple  
B. Orange  
C. Yellow  
D. White  
E. **All of the above**
4. Baby Carrots are 'young' carrots picked before they are fully grown. True or **False** - They are specifically bred to be sweeter and grown closer together to be smaller in diameter and cut down to a shorter length. Find out more at: [www.snopes.com/food/tainted/carrots.asp](http://www.snopes.com/food/tainted/carrots.asp)
5. The best thing about growing your own carrots is...  
A. They are more nutritious  
B. They are bigger  
C. **They taste better**
6. How long is the world's longest carrot ever recorded?  
A. The length of a guitar ( 1 metre)  
B. **The height of a giraffe (6 metres)**  
C. The length of a football field (100 metres)
7. Fresh from the garden carrots do not need to be peeled. **True** or False
8. If a person eats a lot of orange carrots ...  
A. **Their skin will turn orange**  
B. They will be able to see through walls  
C. Their nails will grow longer
9. Orange carrots are very high in Beta -Carotene. Which vitamin does carotene convert to?  
A. **Vitamin A**  
B. Vitamin B  
C. Vitamin C
10. Eating foods rich in Beta-Carotene provides which of the following?  
A. good vision and eye health,  
B. strong immune system  
C. healthy skin  
D. **All of the above**

