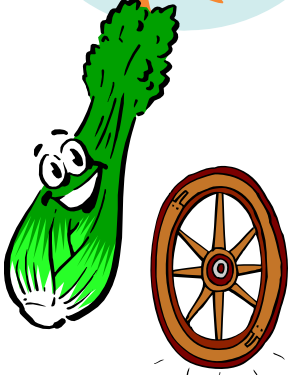




# Vegetable Wagon



## Ingredients:

- 1 stalk of Celery cut into 2 - 3 inch pieces
- 4 tooth picks
- 8 slices of Carrot
- 2 TBS of Peanut Butter, Low-Fat Cheese Spread, or Low-Fat Dressing
- 8 Raisins, Craisins, or pieces of Dried Fruit

## Directions:

1. Push 2 tooth picks through each 3 inch piece of Celery to form the axels of the wagon
2. Fill each Celery with either PB, Low-Fat Cheese Spread, or Low-Fat Dressing
3. Slide Carrot slices onto tooth picks for the wheels of the wagon
4. Cover ends of tooth picks with Raisins, Craisins, or pieces of Dried Fruit to complete your wagon



## Carrots unCracked...

Carrots are a root vegetable meaning that it grows underground as a root does. Originally, the carrot came in a variety of colors, including white, green, purple, black, yellow, and red but not ORANGE! The orange color came about later from a mutant yellow carrot seed that produce orange carrots.



The most valuable nutrient that we get from carrots is beta-carotene, or Vitamin A, which is essential in eye health. Vitamin A works to prevent night-blindness and helps with vision. In addition, Vitamin A is also essential for healthy hair, skin, and bones.

Carrots are also rather sweet and mild in flavor. In fact, they are one of the sweetest vegetables.



Carrots are also the second most commonly liked vegetable after the potato of course. So hop on the wagon and introduce yourself to CARROTS!

## Can You Name All the Fruits & Vegetables Used to Make this Face?



Carrot = Nose, Potato = Chin, Jalapeño Peppers, String Green Beans, & Parsley = Hair, Green Onions = Eyebrows, Black Olives & Banana Peppers = Eyes, Salad Greens = Skin, Apples = Lips, Nectarine = Cheeks, Tomatillos = Ears, Belgian Endive = Jaw Bone