

Get Healthy with Dr Carrot

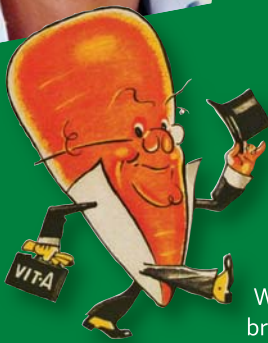


Courtesy of The Imperial War Museum



Hi, I'm Dr Christian Jessen and I'm here to tell you about a character called Dr Carrot. During the Second World War he kept an eye on everyone and provided good advice on how to eat healthily even though it was hard as food was rationed. I'm delighted to introduce Dr Carrot to you and pass on his most excellent advice to a new generation.

Carrots are packed with vitamin A which is essential for growth, healthy bones, teeth, hair and skin, for an effective immune system as well as good vision. Research has shown that lots of girls and boys have lower levels of vitamin A than is ideally necessary - but just half a medium sized carrot contains more than twice the amount you need each day - so get chomping!



Top 10 Carrot Health Tips

What's up Doc? Nothing much if you eat your carrots. They are brimming with healthy reasons to eat them. Here are just 10:

- 1 Beta-carotene** - Carrots are jam packed with a powerful antioxidant called beta-carotene which makes vitamin A in your body.
- 2 Eyesight** - Vitamin A is important for healthy sight and helps you see in dim light too.
- 3 Immunity** - Vitamin A is great to stop you getting ill and keeping your immune system fighting fit.
- 4 Growth** - Vitamin A is also important for healthy bones and teeth, to help you grow big and strong.
- 5 Hair and skin** - Vitamin A keeps your hair shiny and healthy and your skin rosy too.
- 6 Low in fat** - Carrots are naturally low in fat which means you can eat lots of them! But just $\frac{1}{2}$ a medium sized carrot counts as one of your 5-A-DAY.
- 7 High in fibre** - Carrots are high in fibre which makes you feel full after you've eaten and helps you have plenty of energy until your next meal.
- 8 Raw carrots** - Nutritionists are recommending that we should all eat more raw veg, and what could be easier than carrot sticks with your favourite dip such as houmous.
- 9 Cooked carrots** - Cooked carrots are even better for you than raw ones as your body can absorb the nutrients more easily.
- 10 Carrots may help to protect your skin from sun damage** - The beta-carotene in carrots can act like sunglasses for your skin and protect you from sun damage. But even if you rival a rabbit in the number of carrots you eat, you still need to make sure you wear sunscreen and cover up in the sunshine so you don't burn!

For more health information check out www.britishcarrots.co.uk

History of Carrots



The British carrot is available nearly all year round and is a vegetable we all know and love – but in years gone by the carrot was considered positively exotic! It is thought the first carrots came from Afghanistan sometime around the 7th Century AD, when they were originally purple! It wasn't until the 15th century that the orange carrot was first harvested.

These were developed by Dutch specialist growers who chose to make them orange because the King and Queen were from the House of Orange. The new orange carrots were less bitter and much sweeter tasting than their yellow predecessors.

Many years later, during the Second World War, carrots were one of the few vegetables which were in plentiful supply in Britain and this is when the Ministry of Food put Dr Carrot into action. This made them a really important ingredient in making sure people were still eating healthily. Carrots were used as a substitute for sugar, which was difficult to get hold of. People were encouraged to try recipes such as carrot jam, carrot marmalade, toffee carrots, carrot fudge and even mock apricot tarts and carrot lollies for children!



Interesting Facts

- We Brits eat our way through £290 million or 700,000 tonnes worth of carrots every year – that's approximately 100 carrots per person.
- The World's Longest Carrot was grown by Joe Atheron from Mansfield Woodhouse, Nottinghamshire, in 2007. The carrot measured in at 5.84 metres, over 19 foot long.
- If you laid all the carrots grown in this country in one year end to end they would reach 2.3 million kilometres – that's two and a half return trips to the moon.
- Over 22 million carrots are bought in the UK every weekend – that's a lot of Sunday Roasts!
- Carrots are 'put to bed' in winter. They have a layer of straw laid on them to protect them from frosts. This means carrots grown in the UK are available for around 11 months of the year.
- New season carrots are harvested at the magical hour of midnight in the balmy summer night time to protect them from damage by sunlight, keeping them fresh and crunchy.



Give these easy recipes a go!

Crunchy Carrot and Seed Flapjack

Preparation time: 10 mins **Cooking time:** 15 mins **Serves:** 20 pieces

Per serving: 183 calories, 8.8g fat, 1.8g saturates, 0.19g salt

Ingredients

175g/6oz butter or buttery
taste low saturates fat
spread
150g/5oz demerara sugar
45ml/3tbsp golden syrup
30ml/2tbsp black treacle
225g/8oz carrots, washed
and coarsely grated
350g/12oz porridge oats
45ml/3tbsp each pumpkin
and sunflower seeds



1. Preheat the oven to 200°C, Fan 180°C, 400°F or Gas Mark 6. In a large pan, melt the butter, sugar, syrup and treacle together, stirring until melted and smooth.
2. Remove from the heat and stir in the carrots, oats and seeds; stir well until thoroughly mixed. Tip into a 30x20cm (12x8in) tin and bake in the centre of the oven for 15 mins.
3. The flapjack is done when it is lightly golden around the edges. Remove the tin from the oven. Whilst still hot make into 20 squares, then leave to cool. When cold, remove from the tin and cut into the squares. Store in an airtight container for up to 4 days.

Recipe is suitable for freezing. Once cold, wrap in baking parchment and then plastic bags. Freezes for up to 3 months.



Have more carrot in your life!



Bean & Carrot Patties

Preparation time: 15 mins + cooling time **Cooking time:** 35-40 mins **Serves:** 6
Per serving: 169 calories, 4.1g fat, 0.5g saturates, 1.32g salt **Counts as two of your 5-A-DAY**

Ingredients

1 onion, finely chopped
15ml/1 tbsp vegetable oil
2 cloves garlic, crushed
450g/1lb carrots, trimmed,
washed and roughly
chopped
5ml/1tsp ground cumin
5ml/1tsp ground coriander
200ml/7froz vegetable
stock
salt and freshly ground
black pepper
1 (400g) can mixed or red
kidney beans, drained
75g/3oz fresh wholewheat
breadcrumbs
45ml/3tbsp chopped fresh
coriander
a little spray olive oil or
olive oil to brush
bread rolls
salad leaves and
coleslaw to serve



1. Heat the oil in a large pan, add the onion and sauté for 2 mins. Add the garlic, carrots, cumin and coriander and stir for 1 minute. Pour in the stock, season well and bring to the boil. Cover and simmer for 10-15 mins or until the carrots are tender. Leave to cool.
2. Drain the liquid from the carrots. Then use a potato masher to mash them until lump free. Add the drained beans and mash again until a rough mash is formed. Stir in the breadcrumbs and coriander. Mix well and adjust the seasoning to taste.
3. When cold, divide the mixture into six then use wet hands to shape each piece into a round pattie about 2.5cm/1in thick. The patties can be chilled at this point if you're not serving them straight away.
4. Preheat the oven to 220°C, Fan 200°C, 425°F or Gas Mark 7 and put a large baking sheet in to preheat. Spray or brush a little oil on both sides of the patties then place them on the hot baking sheet. Bake for 20-25 mins or until pale golden.

This recipe is suitable for freezing. At the end of step 3, place the patties on a paper lined baking tray and freeze until solid. Wrap in bags then freeze for up to 3 months. Thaw in a single layer on a baking tray before cooking as above.

Roasted Carrot and Houmous Dip

Preparation time: 10mins

Cooking time: 15mins Serves: 4

*Per serving: 181 calories, 8g fat, 1.2g saturates,
11.7g sugars, 0.6g salt*

Ingredients

350g carrots (washed, trimmed and cut into 2cm chunks)
3 cloves garlic (unpeeled)
2tsp cumin seeds
2tbsp olive oil
1 (410g) can of chick peas in water (drained)
juice of 1 lemon
salt and freshly ground black pepper

For the crudités:

1 carrot (peeled and cut into batons)
1 green pepper (cut into batons)
10 cherry tomatoes
10 button mushrooms



1. Preheat the oven to 220°C, Fan 200°C, 400°F or Gas Mark 6. Place the carrots in a small roasting tin, add the garlic, cumin and 1tbsp of the olive oil, then toss to mix – tuck the garlic under the carrots. Roast for 15-20mins or until the carrots are lightly charred and tender.
2. Add the chick peas to the roasting tin and stir well to capture all the cooking juices. Slip the garlic from their papery skin – discard the skin. Transfer to a food processor, add the remaining oil and lemon juice, then whiz on the pulse setting to form a creamy puree. Season to taste with salt and ground black pepper.
3. Transfer to a bowl and serve with the vegetable crudités.



Super Duper Healthy Snack Ideas

- 1 Fill jacket potatoes or sandwiches with a mixture of grated carrot and Red Leicester cheese.
- 2 Serve carrot sticks with favourite dips such as houmous or cheese and onion.
- 3 Roast carrots with other root vegetables like potatoes, parsnips and swede.
- 4 Add grated carrots to salad and toss with all the other ingredients.
- 5 Grate carrots and add to stews, casseroles, pasta sauces and curries – they'll disintegrate into the sauce so you can't see them.
- 6 If coleslaw is a hit, add extra grated carrot to your regular brand before serving (or make your own! – see Dr. Christian's recipes below).
- 7 Add extra cooked carrots to canned or cartons of soup, then liquidise before serving.
- 8 Mix mashed carrots with mashed potato and use to top cottage pie or fish pie.



Guilt Free Slaw



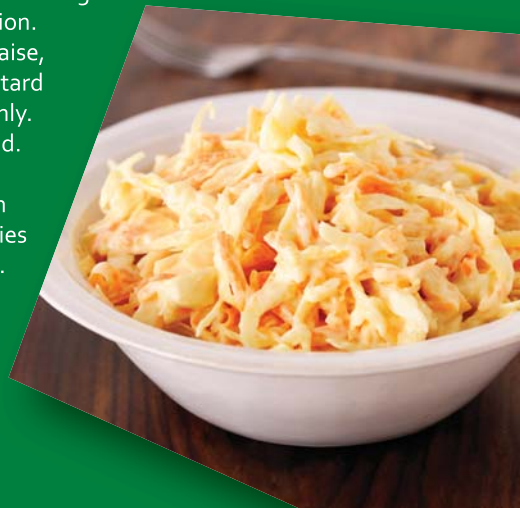
Preparation time: 5 mins **Serves:** 6 as a side
Per serving: 39 calories, 0.7g fat, 0.1g saturates,
0.45g salt **Counts as one of your 5-A-DAY**

Ingredients

225g/8oz white cabbage
(stalk removed)
225g/8oz carrots, washed
half a small onion (finely
chopped)
60ml/4tbsp virtually fat free
mayonnaise
60ml/4tbsp low fat natural
yoghurt
10ml/2tsp Dijon mustard

1. Finely shred the cabbage, coarsely grate the carrots and mix together in a large bowl with the onion.
2. Add the mayonnaise, yoghurt and mustard and mix thoroughly. Chill until required.

Delicious served with
bean and carrot patties
(see previous recipe).



Get Captain Carrot To Visit Your School!

Superhero, Captain Carrot, fights the evil Baron von Burger and his army of Noxious Nuggets with the help of his friends Spud, Red Onion, Supercorn, Agent Sprout and Peas. His special powers include seeing in the dark and he can help fight infections from colds, bacteria and viruses. Visit www.carrots4kids.co.uk to find out how this superhero and his sidekicks overcome the greasy evils and play the game.

If you want Captain Carrot to visit your school then just check out his website www.captaincarrot.com or call 01733 349 020 and speak to Simon. The show is suitable for primary school children between 5 – 11yrs, and shows are £330 for one or £480 for two shows. (Shows currently booked up until June 2011)



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- Beta Carotene
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- Put to bed
- Grate
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