

Name: _____ Date: _____

Root Vegetables



Directions: Read the passage, then answer the questions in complete sentences.

Nutrition Facts:

Root vegetables grow in the soil and are full of vitamins and minerals. Carrots, turnips, parsnips, beets, and radishes are all root vegetables. Carrots have vitamin A, which is important for healthy eyes. Radishes have vitamin C, which helps heal cuts and gives you healthy skin. Turnips and beets have potassium, which is important for the heart, muscles, nerves, and blood.

Carrots can be eaten raw or cooked. Even the leaves are edible. Radishes taste delicious in salads. Fresh root vegetables give a crunch to your lunch!

Root Vegetables in History:

Root vegetables have been grown and eaten for thousands of years. Before there were refrigerators, root vegetables were stored in root cellars or sometimes even in the ground.

Carrots grew more than 4,000 years ago in Afghanistan. Some were purple on the outside and yellow on the inside. Some were red, some were pale yellow, and some were black! Four hundred years ago, the Dutch developed the bright orange carrot that we eat today.

Growing Root Vegetables:

Carrots like fine, rich soil, cool temperatures, and plenty of water. Most carrots take 55 to 70 days from planting the seeds to harvesting them from the ground.

Radishes are one of the fastest growing vegetables. Most radishes can be planted in early spring and will be ready to harvest in only four weeks!

1. List three root vegetables. (Does not have to be in complete sentences.)

1. _____
2. _____
3. _____

2. Before there were refrigerators, where did people store root vegetables?

3. Have carrots always been orange?

