

C stands for carrot. Carrots aren't always orange. They can be yellow, purple, white, red, green or black. Although no one knows for sure, it looks like the very first carrots were purple. The edible part of a carrot is actually the root.

Carrots are an excellent source of beta-carotene, which our bodies turn into vitamin A. Vitamin A is very important for good health, especially for your eyes.

