

CARROTS

Nutrition and Health

C
f
35
A - C f

Selection

f ,
f .
A
A
" , "
f f
f .

Storage

f f
f f
f . (C
)C
,
, f
.

Preparation

A f
f .C
,
f

. f 6 ()-5 (2 ()12 ()6 ()13)-6C D(,)16 ()6 ()4 ()

Copper Pennies

2 , -
1

1

1

1