Nama : Laily Naafiatun Najiyah

Kelas : X.Mipa 3

No Abs : 17

**Carrots**

The carrot is a root vegetable with the most commonly eaten part being the taproot. The carrot is usually orange in colour. The domesticated carrot that we know today originated from the wild carrot called Daucus Carota which was native to Europe and south western Asia.

Carrot are cooked and eaten in various different ways. The vegetable is often pulped,mashed,boiled,pureed,grated,fried,steamed,stewed,baked,juiced or eaten raw. Carrots are typically used in stir-fries and salads but also in soups and added to baby foods or pet foods. They can be dehy drated or deep-fried to make chip,flakes,and powder. The natural sugars and sweetness of carrots allow them to be used in carrot cakes of western countries,in India they are used as desserts,while countries such as Portugal use carrots in jam. Carrot juice is widely consumed,especially as a health drink,with our without other fruit and vegetables.

The orange colour results from abundant carotenes in these cultivars,mainly the beta carotene which is a strongly colored red-orange pigment found in some plants and fruits. The human body turns beta carotene into vitamin A and carrots are one of the best sources for beta carotene. Vitamin A is important for the health of our vision as well as our bones ,teeth and skin.