

CARROTS

Nutrition and Health

C
f
35 . A - C f

Selection

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

Storage

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

Preparation

. A f . C
,
. f

. f 6 ()-5 (2 ()12 ()62 ()6)13)-6C D(,)16 ()6. ()4 ()

Copper Pennies

2 , -
1

1

1

1