

Cream coloured carrots make a comeback

Ask anyone what colour a carrot is and the chances are they'll tell you it is orange. Recently however the humble carrot in the UK has had a makeover. Now cream coloured carrots have made a comeback. They are crisp and crunchy in texture and sweeter in taste than their orange cousin. The new carrots are grown in Scotland in the Moray Firth area by local farmer Steven Jack. The new variety called Crème de Lite has started to be sold by British department store Marks & Spencer. The organically grown root vegetable went on sale in mid October. The new cream coloured carrots might easily be mistaken for other similar coloured and shaped vegetables like parsnips or swedes. Carrots were originally white, cream and purple. The first carrots were cultivated in Afghanistan. They were then brought to the Mediterranean area more than 2,000 years ago; becoming popular with the Greeks and Romans. Carrots only became orange through cross-breeding 400 years ago. The orange variety was developed by Dutch growers aiming to produce a less bitter version. It was adopted by the royal family in Holland, where orange is the national colour.

The new Crème de Lite variety has been specially produced to lack any of the bitterness of the original. It can be cooked or eaten raw, just like the orange version of the vegetable. Marks and Spencer agronomist Dr Simon Coupe: "This speciality organic cream carrot is already prized in Europe and America for its crisp and crunchy texture, and is especially good in salads or cooked the same way you would a classic orange carrot." Previous attempts to revitalise the carrot market in the UK have been unsuccessful. Sales of purple carrots were dropped shortly after they were introduced when customers discovered the colour seeped out of the vegetable and into the cooking water. Other vegetables with different varieties and shades of colour include the potato and tomato. But will the new cream coloured carrot be an 18-carat success?

Category: Lifestyle / Vegetables / Carrots
Level: Intermediate / Upper intermediate

EXERCISES

1. Carrots: What is a carrot? What colour are carrots? What do you know about carrots? Where do they originate from? Think of three other things about carrots. Go round the room swapping details.

2. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self correct your work from page two - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

3. Reading: The students should now read the article aloud, swapping readers every paragraph.

4. Vocabulary: Students now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

5. The article: Students look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?
- c) Would you like to try the new cream coloured carrots?

6. Let's think! Think of five unusual vegetables you know. Then add five vegetables you eat. Write them below. Discuss them and compare lists with your partner. Which vegetable is the most unusual? Which is the biggest vegetable? Which is the tastiest? Which one(s) don't you like? Which ones do you eat at Christmas! Which ones did you eat this week?

Five unusual vegetables	Five vegetables you eat
1	1
2	2
3	3
4	4
5	5

The teacher will choose some pairs to discuss their findings in front of the class.

7. Pros and cons of eating vegetables: In pairs think of three pros and cons of eating vegetables.

Advantages	Disadvantages
1	1
2	2
3	3

The teacher will choose some pairs to discuss their findings in front of the class.

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8. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) Name the farmer.
- 2) What colours are carrots?
- 3) Which royal family is mentioned?
- 4) Where do carrots originate from?
- 5) What gold measure is used as a joke?

Student B

- 1) What happened 2,000 years ago?
- 2) What does the new carrot taste like?
- 3) Name the shop.
- 4) What happened 400 years ago?
- 5) Name the countries.

9. Let's talk! At a market: *In pairs/groups.* Imagine you are at a market. One of you is buying some fruit and vegetables. The other is the market trader selling them. The buyer should barter maybe haggle over the price. The seller should give some traditional market sales talk. The buyer should then move round to another fruit and vegetable stall. Find yourself a better bargain! Try to add some fun into the situation. Don't forget to buy some carrots! Lovely juvly! *5-minutes.*

10. Let's talk! Vegetables: In pairs. Imagine you are in a restaurant. Over your meal discuss the vegetables you like, dislike, ate yesterday, today. The most unusual vegetables you have eaten, the vegetables you grow, buy in the supermarket etc... Try to make it light hearted. *5-minutes.*

11. Let's think! Carrots: Swap partners. With your new partner on the board write as many words to do with **carrots** as you can. *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

12. Let's think! I eat carrots with or in... In pairs think of as many things you eat carrots with or in.

13. Let's write an e-mail: Write and send a 200 word e-mail to your teacher about **carrots**. Your e-mail can be read out in class.

14. Sentence starters: Finish these sentence starters. Correct your mistakes. Compare what other people have written.

a) Orange Carrots _____

b) Cream carrots _____

c) Purple carrots _____

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DISCUSSION

STUDENT A's QUESTIONS

- 1) Did the headline make you want to read the article?
- 2) Do you prefer to eat baby carrots or big carrots?
- 3) Do you cut the tops off your carrots when preparing to eat them?
- 4) How do you cook your carrots?
- 5) What advice would you give someone when buying a bunch of carrots?
- 6) Have you ever tried carrot ice cream?
- 7) Have you tried carrot bread?
- 8) Do you ever eat the green leaves on top of a carrot? With what?
- 9) Do you eat carrot soup?
- 10) Name three *types of food/meals* with carrot as an ingredient.

STUDENT B's QUESTIONS

- 1) What do you think about what you read?
- 2) Do you eat carrots?
- 3) Do prefer your carrots sliced, raw, whole, fresh, frozen or mashed?
- 4) What do you eat carrot with?
- 5) Do you eat carrot cake?
- 6) What animals eat carrots?
- 7) Do you drink carrot juice?
- 8) Is eating carrot good for you? How? Why?
- 9) Have you ever seen a donkey chasing the carrot?
- 10) Have you tried a carrot cocktail?

Note: Carrots contain vitamin A

Joke:

First guy: 'Did you know that carrots are very good for your eyesight?'

Second guy: 'No, Really?'

First guy: 'Yep! Bet you never saw a rabbit wearing glasses!'

SPEAKING

Game! Fruit and vegetables

Allow 10 minutes - Small groups / class

Stand up, form a circle or go round the room in a clockwise direction.

"I went to a fruit and vegetable market and I saw a ...

The idea of the game is that each person has to remember what was previously said then add one more vegetable or fruit of your own. The list will therefore get longer and longer. When a student cannot remember the order or cannot think of a vegetable or fruit they are 'eliminated'! They then sit down.

The winner is the 'last one standing'!

The teacher can moderate the session.

GAP FILL: READING

Put the words into the gaps in the text.

Ask anyone what colour a _____ is and the chances are they'll tell you it is orange. Recently however the humble carrot in the UK has had a makeover. Now cream coloured carrots have made a comeback. They are crisp and _____ in texture and sweeter in taste than their orange cousin. The new carrots are grown in _____ in the Moray Firth area by local farmer Steven Jack. The new _____ called Crème de Lite has started to be sold by British department store Marks & Spencer. The _____ grown root _____ went on sale in mid October. The new cream coloured carrots might easily be mistaken for other similar coloured and shaped vegetables like parsnips or swedes. Carrots were originally white, cream and purple. The first carrots were cultivated in Afghanistan. They were then brought to the Mediterranean area more than 2,000 years ago; becoming _____ with the Greeks and Romans. Carrots only became orange through cross-breeding 400 years ago. The orange variety was developed by Dutch growers aiming to produce a less bitter version. It was adopted by the royal family in Holland, where _____ is the national colour.

The new Crème de Lite variety has been specially produced to lack any of the _____ of the original. It can be cooked or eaten raw, just like the orange version of the vegetable. Marks and Spencer _____ Dr Simon Coupe: "This speciality organic cream carrot is already prized in Europe and America for its _____ and crunchy _____, and is especially good in salads or cooked the same way you would a classic orange carrot." _____ attempts to _____ the carrot market in the UK have been unsuccessful. Sales of purple carrots were dropped shortly after they were introduced when customers discovered the colour seeped out of the vegetable and into the cooking water. Other vegetables with different varieties and shades of _____ include the potato and tomato. But will the new cream coloured carrot be an 18-carat _____?

Scotland

orange

popular

crunchy

variety

organically

carrot

vegetable

crisp

bitterness

revitalise

success

texture

colour

previous

agronomist

PUT THE ARTICLE BACK TOGETHER

- () in Holland, where orange is the national colour. The new Crème de Lite variety has been specially produced to lack any of the bitterness of the original. It can be cooked or eaten raw, just like the orange version of the
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- () Greeks and Romans. Carrots only became orange through cross-breeding 400 years ago. The orange variety was developed by Dutch growers aiming to produce a less bitter version. It was adopted by the royal family

GRAMMAR

Put the words into the gaps in the text.

Cream coloured carrots make a comeback

Ask anyone (1)___ colour a carrot is and the chances are they'll tell you it is orange. Recently (2)___ the humble carrot in the UK has had a makeover. Now cream coloured carrots have made a comeback. They are crisp and crunchy in texture and sweeter in taste (3)___ their orange cousin. The new carrots are grown in Scotland in the Moray Firth area by local farmer Steven Jack. The new variety called Crème de Lite has started to be sold by British department store Marks & Spencer. The organically grown root vegetable went on sale in mid October. The new cream coloured carrots (4)___ easily be mistaken for (5)___ similar coloured and shaped vegetables like parsnips or swedes. Carrots were originally white, cream and purple. The first carrots were cultivated in Afghanistan. They were (6)___ brought to the Mediterranean area (7)___ than 2,000 years ago; becoming popular with the Greeks and Romans. Carrots only became orange through cross-breeding 400 years ago. The orange variety was developed by Dutch growers aiming to produce a less bitter version. It was adopted by the royal family in Holland, (8)___ orange is the national colour.

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SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	makeover	11	Romans
2	previous	12	parsnips
3	unsuccessful	13	swedes
4	humble	14	speciality
5	Afghanistan	15	varieties
6	revitalise	16	comeback
7	adopted	17	Mediterranean
8	crunchy	18	Holland
9	agronomist	19	bitterness
10	organically	20	vegetable

LINKS

<http://www.carrotmuseum.co.uk/today.html>

http://www.hungrymonster.com/foodfacts/food_facts.cfm?phrase_vch=carrots&fid=6091

<http://www.dailymail.co.uk/sciencetech/article-1222612/How-centuries-away-cream-coloured-carrot-making-comeback.html>

ANSWERS

GAP FILL: Cream coloured carrots make a comeback: Ask anyone what colour a **carrot** is and the chances are they'll tell you it is orange. Recently however the humble carrot in the UK has had a makeover. Now cream coloured carrots have made a comeback. They are **crisp** and **crunchy** in texture and sweeter in taste than their orange cousin. The new carrots are grown in **Scotland** in the Moray Firth area by local farmer Steven Jack. The new **variety** called Crème de Lite has started to be sold by British department store Marks & Spencer. The **organically** grown root **vegetable** went on sale in mid October. The new cream coloured carrots might easily be mistaken for other similar coloured and shaped vegetables like parsnips or swedes. Carrots were originally white, cream and purple. The first carrots were cultivated in Afghanistan. They were then brought to the Mediterranean area more than 2,000 years ago; becoming **popular** with the Greeks and Romans. Carrots only became orange through cross-breeding 400 years ago. The orange variety was developed by Dutch growers aiming to produce a less bitter version. It was adopted by the royal family in Holland, where **orange** is the national colour.

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