

Cassie the Carrot

When you look at me, I am bright orange
and hard

I start as a seed, in your backyard
My top is always green, and I look like a
weed

But this is the bit you don't really need.

I can be eaten cooked or raw whenever
you please

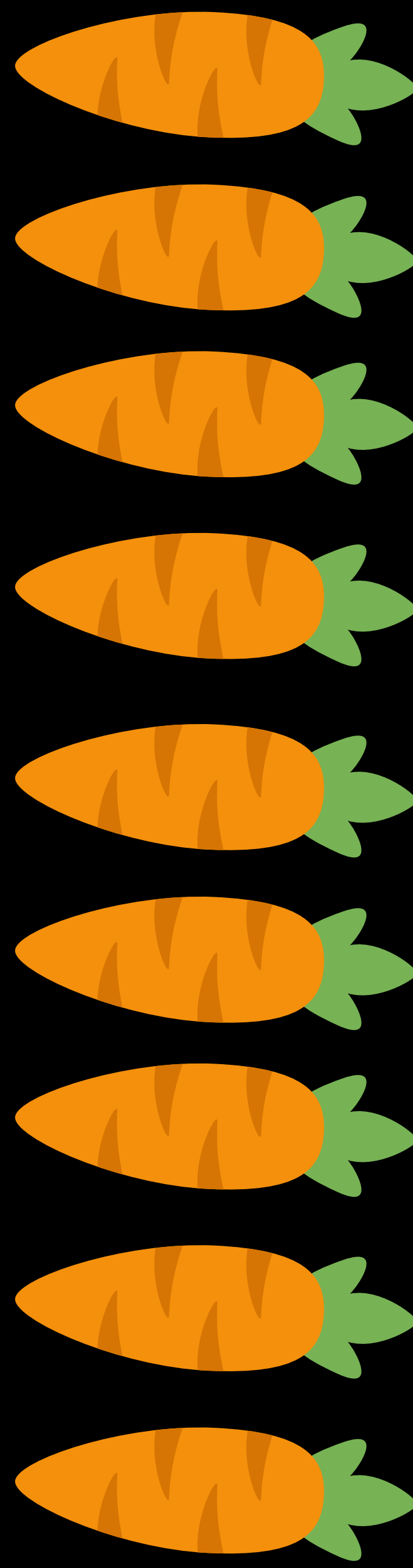
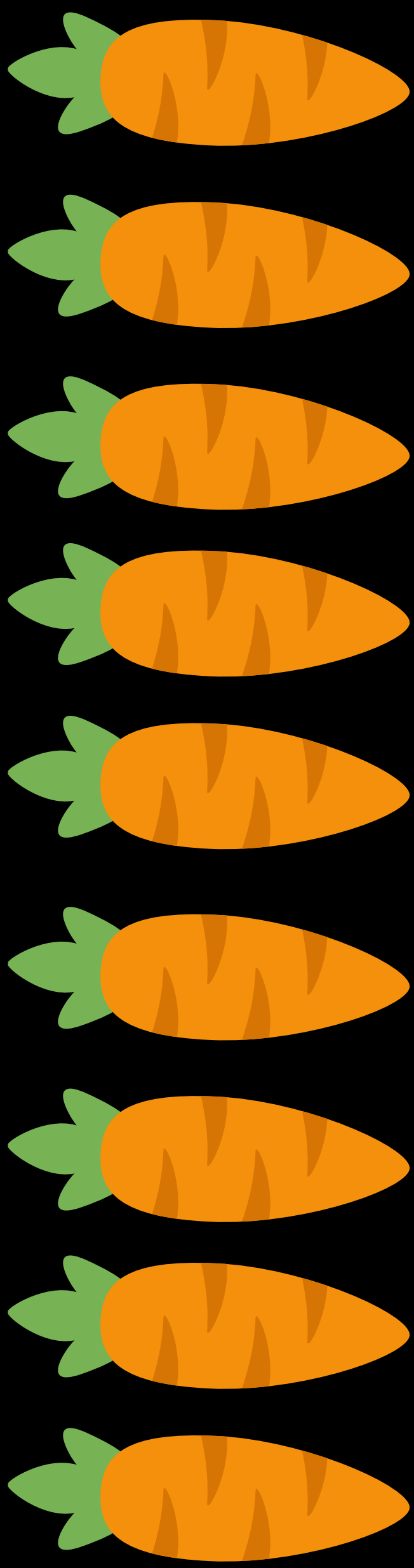
Chopped, boiled or roasted ready for your
tea

I am a versatile vegetable as can be
But I have lots of good things inside of
me.

I am Cassie the Carrot that is to be
To help you see in the dark and this is me!

So please try and eat, to stop me being
alone

As I want to be eaten instead of being
thrown.



National Smile Month
Short Story from Norfolk Oral Health
Improvement Team
Email: ohp.norfolk.cds-cici.co.uk

Community
Dental
Services