

FOOD\$ENSE kids

Veggie Vibes

Corn

Objectives

1. Children will explain one reason corn is healthy for them.
2. Children will explain that corn comes from a plant that grows in the ground.
3. Children will experience corn using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using corn.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- If possible a cob of corn for each child to shuck.
- Large garbage bags for corn husks.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Read these clues aloud and have the children guess what vegetable they will be learning about today.
 - Direct them to raise their hands when they think they know, whether it's the first clue or the last.
 - Stop when all children have their hands raised.
 1. I am produced on every continent in the world except for Antarctica.
 2. I was first grown in South America.
 3. I can be either multicolored or one color all over.
 4. You have to remove my special cover before you can eat me.
 5. The special cover on the outside of me called a "husk."
 6. Another word for me is "maize."
 7. I am usually yellow.
 8. My name starts with a "C".
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Objective 1: Children will explain one reason corn is healthy for them.

Time: 5 minutes

- Ask the children for some reasons they think corn is good for you.
 - Any answer they come up with is a good guess
 - Commend the children for their answers. Ask them if they have ever heard of fiber. Fiber acts like a garbage man in their intestines, pushing the food through so that it doesn't get stuck. That helps make their intestines healthy and work like they should. It also helps them to go to the bathroom easier. Most vegetables are a good source of fiber.
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Objective 2: Children will explain that corn comes from plants that grow in the ground.

Time: 5 minutes

- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
- Describe each of the six parts of the plant.
- Ask the children which part of the plant they think corn is.
 - Corn is actually the seeds contained in the husk. We call the seeds kernels and the whole thing a cob or ear of corn.
 - Show class an ear of corn and peel away the husk to expose the corn kernels (seeds).
- Early in the summertime, Farmer Joe plants corn seeds in the ground.
- All of the corn seeds grow and grow and grow into big green plants that look like grass. Some corn plants grow to be about 4 feet tall, about the size of a 3rd grader. Other corn plants grow to be about 12 feet tall, taller than two teachers, standing one on top of the other!
- After two or three months the corn plants make beautiful ears of corn.
- Farmer Joe knows the corn is ready to be picked when the silk has dried and turned dark brown.
- Farmer Joe checks his corn often because sometimes deer and raccoons eat his corn before he gets a chance to pick it!
- Big machines called combines will harvest the corn on Farmer Joe's big corn farm, dragging the plant into the combine and taking the corn ears off. The combine then takes the husk and silk off and spits the corn into a truck next to it. The truck drives away with a load of corn.
- The corn is then loaded into a grain elevator where it is stored. A grain elevator actually looks like a big metal hut; it's not the kind of elevator that we ride in a tall building.

- The corn is then taken to different places. Sometimes it goes to buildings to be packaged into cans or bags for the store. Sometimes the corn is saved for animals to eat. It is also ground into corn meal to make corn bread.
- Farmer Joe is happy with his corn. He eats it and it is delicious!

Objective 3: Children will experience corn using their senses of feel, sound, smell, and sight.

Time: 10 minutes

- This lesson is a great chance for the children to learn how to shuck corn. It is very possible that none of them have ever shucked corn before.
- Demonstrate how to shuck corn while sharing these directions aloud to the children. If they are shucking the corn with you, you may need to go slower or help the children as you go.
 - Put ears of corn in a large pot and gather a trash bag or recycle bag.
 - Take the ears of corn outside, or to a place away from the kitchen where you can make a mess.
 - Pull each side of the husk away from the top of the ear.
 - Grab one of the loose sides and tear in a downward motion. Do the same with the other side. Tear off any remaining husk a piece at a time until the entire cob is exposed. Break off the long end piece of the ear as close to the bottom as possible.
 - Dust off as many left over silks as possible by hand. When you take the corn inside to wash, use a brush to get the rest.

Objective 4: Children will make and eat a simple, nutritious recipe using corn

Time: 10-15 minutes

- Tell the class now that we have learned all about corn, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

- How does corn help our body?
- What part of the plant does corn come from?
- How did you like the taste of corn?

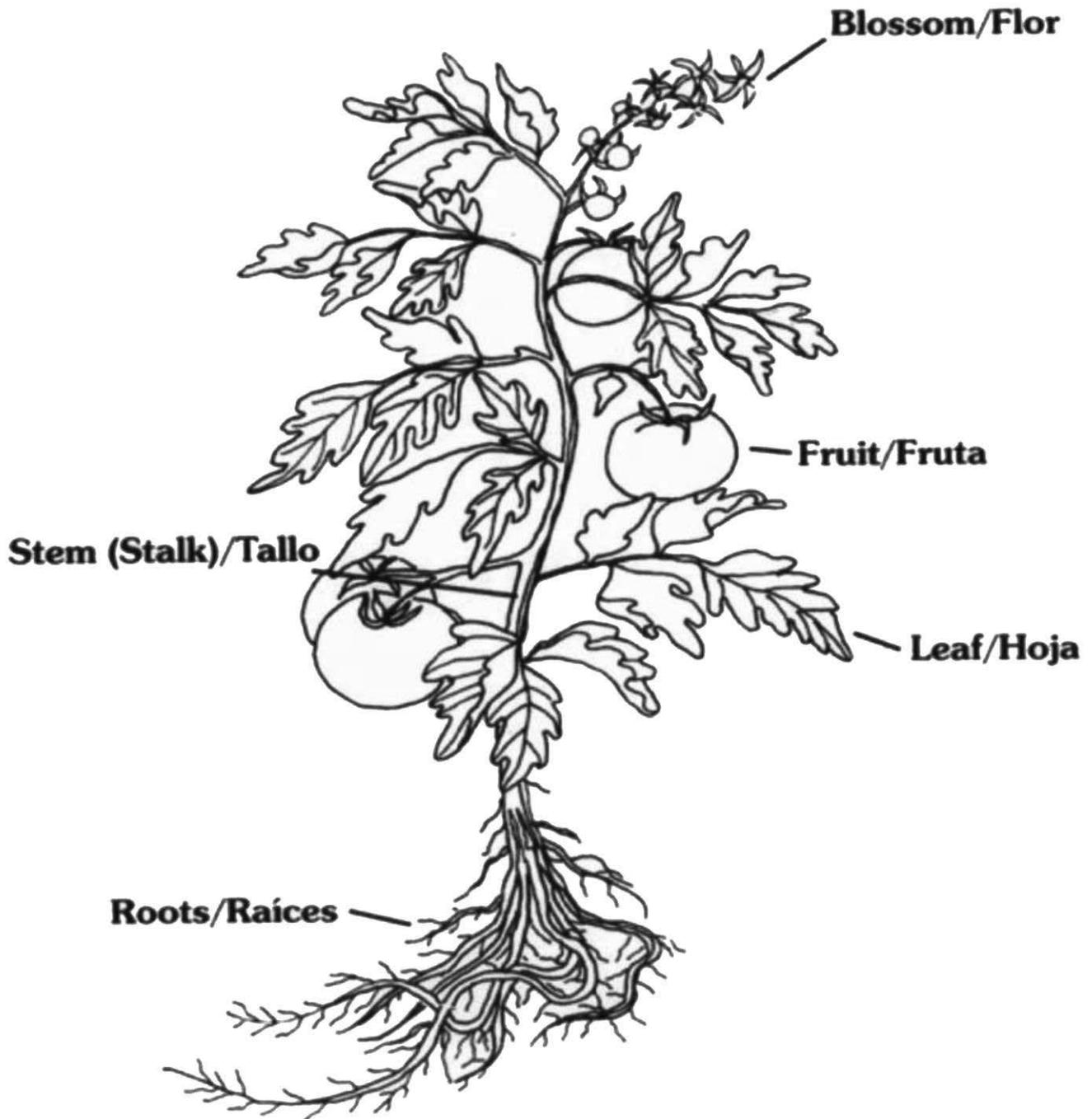
EXTENSION **FOOD**
UtahStateUniversity **\$ENSE**

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PARTS OF A PLANT

PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about corn!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about corn!



Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUNCORNFACTS

- Corn is high in fiber so it keeps our insides clean
- Corn is the seed of the plant
- Corn tastes delicious!

GREAT CORN RECIPES

Corn on the cob

1 tablespoon sugar
6 ears corn, husks and silk removed

Fill a large pot about 3/4 full of water, add sugar, and bring to a boil. Gently place corn into boiling water, cover pot, turn off heat, and let corn cook in the hot water until tender, about 10 minutes.

Tomato-corn Salsa

1 (16 oz.) jar mild salsa
2 cups thawed frozen **or** drained canned whole kernel corn
Tortilla chips

Stir the salsa and corn in a small bowl.
Serve with the tortilla chips for dipping or use as a topping for grilled meats, tacos or fajitas.

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