



Enjoying our Healthy Harvest

Corn is A-Maizing!

It is a good source of fiber and vitamin C

Length of Session: 30 minutes

Summary:

Students will learn about the nutritional value of corn, how to select and clean corn, discover where corn grows commercially in our state and taste a recipe with corn.

Objectives:

- Youth learn how to choose corn at the market.
- Food safety: Youth practice how to clean hands for food preparation and eating.
- Food safety: Youth assist with cleaning produce properly. (to prevent spread of bacteria that causes illness)
- Youth prepare and taste a recipe with corn.

Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce corn with a riddle: “What food is this? You peel the outside and cook the inside, then you eat the outside and throw away the inside” “What are some foods that contain corn? How about corn products? What have you tasted? Ever picked them yourself?” *1 minute*
- Nutrition Message: “Eat a variety of fruits and veggies every day.” “Corn is a good source of fiber and vitamin C.” Write on board, students repeat and write on nutrition message sheet. *1 minute*
- Use Fruits and Veggies – More Matters™(FVMM) wheel to find selection, storage and handling and nutrients look for at least 2.5 grams of fiber and 10% vitamin C to show

that it is a *good source*. Tell why fiber and vitamin C are important (see *Nutrients You Need*) *5 minutes*

- Demonstrate cleaning if you have a fresh ear: Shuck the corn. (Show). At a sink under running, cool water or with an assistant slowly pouring a pitcher of water into dish tub in a demo area. Enlist an assistant from the youth. *1 minute*
- Students wash hands using *High Speed Hand Washing*. Desk Activity: *Rewind!* pg 7, Nuts About Nutrition Activity Book (Learning ZoneXpress™). *5 minutes*
- Prepare Corn Critter Salad (OSU Coloring Contest Cards). *15 minutes*

Activity: Corn Critter Salad Demo

Have student volunteers help prepare salad. Discuss measuring correct amounts of food to follow recipe. Demonstrate proper knife safety when cutting cilantro. Serve in small bowls or plates. Enlist a few volunteers to help clean up.

Discussion questions during sampling:

- ☆ Can you name some of the areas that corn grows in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties provided by Ag in the Classroom to color or draw corn in counties grown.
- ☆ What food group is corn in?
- ☆ What sub-group of vegetables?
- ☆ How many colors of vegetables have you had today?
- ☆ Maize is another name for corn and is used in many countries.

- ☆ In the US maize sometimes refers to Indian Corn.
- ☆ Fruits & Veggies have lots of colors. Can you name a vegetable from every color of the rainbow?
- ☆ How many cups of vegetables should kids your age eat each day? (about 2 to 2 1/2)
- ☆ How would you change the recipe at home?
- ☆ How would you describe the taste? Color? Shape?

Conclusion:

- Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. *1 minute*

Summary Discussion Questions:

- ☆ What do I need to look for when shopping for corn? (see wheel)
- ☆ Why is important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)
- ☆ Name food products made with corn (corn meal, cooking oils, corn syrup, corn bread, corn pancakes)

Materials Needed:

- Fruits and Veggies – More Matters™ Produce Wheel for each youth to use and then keep
- MyPyramid* poster
- Ag in the Classroom State Map
- Equipment for the preparation and serving of the sample
- Ingredients for the sampling
- Paper plates for sampling
- Paper plate & utensil for each youth for tasting
- Cleaning Kit
- Handouts for each youth:
 - County Map of your state
 - “Nutrition Messages are...” Sheet
 - Dissect a seed (optional activity)

Parent Handouts:

- ONFP Drawing Contest Recipe Cards – Corn

Optional activities:

- Use the Produce Wheels to:
 - Read Selection and Preparation aloud for another fruit.
 - Note and write spelling words
 - Look at the Nutrition Facts label:
 - ☆ How much fat is in the vegetable?
 - ☆ How much fiber? A good source is 10% or 2.5 g. How much vitamin C?
- Draw picture steps (story board) of the directions of the recipe showing the ingredients and equipment and the serving suggestion.
- Write an essay that describes the taste, color and shape of corn.
- Dissect a Seed Activity from Ag in the classroom

Discussion:

- ☆ There are many ways to prepare corn to eat. What are some of the ways you have enjoyed corn? (This could also be a writing assignment).
- ☆ “Some of these methods add extra fat and sugar. Be careful to only have small portions occasionally. Corn is naturally sweet and has no fat. Choose fresh, frozen, or canned for simplicity and the most nutrients and the least calories.”

Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “Benefits of fruits and vegetables depend on quality as well as quantity” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- Regions of Production in your state – see your state agriculture web site.
- <http://www.fruitsandveggiesmatter.gov/month/corn.html>

- http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/sweet_corn.htm