

Name: _____

Date: _____



Corn stalk bearing corn.



Color the numbers as you spot the differences
Use your eyes to spot the differences, then circle them.



Corn Lesson Plan

Background Information

Corn is a warm-weather plant that grows well with six hours of sunlight and Florida's long growing season. Corn is high in vitamin B1, vitamin C and folic acid. Adding corn fiber to your diet can lower blood pressure and reduce heart disease. The fatty acids in corn promote good skin and hair quality. Antioxidants in corn have been found to delay vision loss and may serve to protect the retina. Herbie is the main character in this vegetable series. His mother, Violet, is teaching him how to be healthy by eating foods like corn that have rich vitamin and mineral value.

Next Generation Sunshine State Standards-

SC.1.L.14.1, SC.1.L.14.2, SC.1.N.1.3, SC.1.P.8.1, SC.2.N.1.1, SC.2.P.8.1, SC.3.N.1.1, SC.3.N.1.3, SC.3.N.1.6, SC.3.N.3.2,

Engage

1. Students look at kernels of corn or Indian corn with a hand lens. Then students compare them to popped corn. Make a compare/contrast table.

Explore/Explain

1. Talk about the benefits of corn in our diet.
2. Read Why Popcorn Pops (see reference) and discuss the process while popcorn pops in the microwave.
3. Students use their senses to describe the popcorn in a flip book or labeled drawing.
4. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.
5. Make literature connections.

Elaborate

1. Students research to find products they eat that have corn in them such as corn flakes, tortillas, tamales, cornbread or cereal. Bring in empty boxes or labels for students to investigate for corn products.
2. Students can create a flip book showing the popcorn process.
3. Students string a popcorn chain for the birds.
4. Make corn on the cob models with hole-punched yellow kernels and brown construction paper circles.
5. Make kernel patterns using hole-punched circles and different colors of construction paper.
6. Plant corn seeds and record the growth.

Evaluate

1. Completion of the "Find the Differences" pages. Students should locate six differences on the ears of corn: 1. colored kernel, 2. missing kernel, 3. different leaf on right side, 4. different lines at the ear node on the bottom, 5. different leaf on left side, 6. different at the base of the husks. See HYPERLINK http://www.nebraskacorn.org/wp-content/uploads/2010/07/unit1_TeachersKey.pdf for corn identification.

Literature Connection

Why Does Popcorn Pop? by Don Voorhees; The Popcorn Book by Tomie dePaola; Turkeys, Indians and Indian Corn by Edna Barth; CornAplenty by Dana Meachen Rau; Corn by Gail Gibbons; Ready, Steady, Grow by The Royal Horticultural Society

References

<http://home.howstuffworks.com/corn3.htm>

<http://www.corn.org/products/corn-oil/health-benefits/>

<http://www.elements4health.com/corn.html>

<http://www.sunshinesweetcorn.com/press-release/researchers-vouch-for-value-of-corn-in-eye-health/>

<http://www.scienceiq.com/Facts/WhyDoesPopcornPop.cfm>

