



NUTRITION &
FOOD SERVICES
NOBLESVILLE SCHOOLS

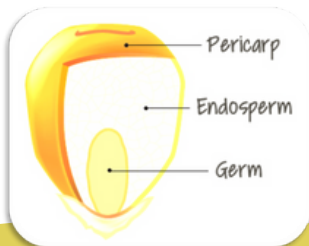
TAKE A TASTE

At Home

Corn

Fun Facts about Corn:

- Indiana is the #1 producer of popcorn in the nation!
- Indiana is the 5th largest producer of corn in the United States.
- There is one strand of silk for every kernel of corn on the cob.
- The average ear of corn has 800 kernels, arranged in 16 rows.
- One bushel of corn weighs 56 pounds!
- Yellow is the most common color for corn, but it can be grown in a rainbow of colors, including red, green, white, black, and purple!



The Science of Popcorn:

As the popcorn kernel is heated, the moisture bound inside the endosperm is heated, generating steam. Due to the hard and flinty popcorn hull, pressure builds up within the kernel. The starch from the endosperm becomes soft and forms a gel. The pressure builds up (to 135#/in²) until the pericarp, or hull, ruptures and the gelatinized starch granules spew out, drying upon exposure to outside air. The kernel is turned inside out and the starch granules puff out, creating the unique popcorn shapes.



Out of the 4 corn types, only popcorn kernels have the right thickness that allow it to burst open and create the characteristic pop-ability and taste we know and love.

Corn Nutrition:

- Corn is considered a whole grain food!
- Corn good source of both soluble and insoluble fiber.
 - The fiber in corn helps bind to cholesterol to prevent it from being absorbed into the bloodstream.
 - Fiber also helps with regular digestion and gut health.
- Corn contains the antioxidants, lutein and zeaxanthin, which support eye health by reducing the risk of macular degeneration and cataracts.
- The nutrients in corn may also have a role in slowing bone loss associated with inflammatory diseases and cancer.
- Corn is a good source of folate (Vitamin B9), which helps keep the heart healthy and prevents neural tube birth defects.
- Thiamin (Vitamin B1) in corn helps to maintain proper functioning of the heart, muscles, and nervous system.

Q: Why shouldn't you tell a secret in a field of corn?
A: There are too many ears!



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Fall Harvest Popcorn Trail Mix

Give this Indiana staple crop a Pop of fall flavor! Whole-grain popcorn mixed with autumn spices, nuts, and fruit to power you and your family on scenic, fall-foliage filled trails!

Ingredients

- 6 cups air-popped popcorn (~1/4 cup unpopped kernels).
- 1/2 cup pumpkin seeds (pepitas)
- 1/2 cup walnuts, almonds, or cashews
- 1/2 cup reduced sugar dried cranberries
- 1 tbsp pumpkin pie spice; or 1 tsp cinnamon + 1/2 tsp ginger + 1/4 tsp nutmeg + 1/4 tsp cloves
- 2 tbsp corn/vegetable oil

Directions

1. Prepare your popcorn. Air-pop the popcorn kernels and place the popped corn in a large bowl.
2. Drizzle the cooked popcorn with a light coating of oil and toss to coat.
3. Sprinkle the pumpkin pie spice evenly over the popcorn. Gently toss to until everything is lightly coated.
4. Add the pumpkin seeds, nuts, dried cranberries, and any additional dry mix-ins (like toasted oats or unsweetened coconut) to the bowl with the popcorn. Toss gently to with a spatula until everything is mixed together.
5. Serve and store. Serve immediately or spread the trail mix on a baking sheet to cool and dry slightly before storing. Store any leftovers in an airtight container for up to two days.



STEAM Activity: Dancing Corn

Here's a fun & easy at-home science experiment using corn kernels!

Materials:

- Tall glass jar
- 1/4 cup of popping corn
- 2 tbsp of baking soda
- 1 cup of vinegar
- 2 cups of water

Instructions:

1. Fill the jar with 2 cups of water to start.
2. Add 2 tablespoons of baking soda and stir well to mix thoroughly.
3. Add a drop of food coloring (optional).
4. Now add the popping corn kernels to the jar.
5. Lastly, add vinegar slowly. A fizzing eruption may take place.
6. Watch as the corn dances in the jar!

Watch the
Video
HERE