

# JERSEY TASTES! ACTIVITY SHEETS

## Dazzling Corn



### ACTIVITIES:



Pre-K: Connecting the Dot Corn Coloring Sheet

Lower Elem: The 3 Sisters: Readings and Stew Recipe

Upper Elem: Biodegradable Plastic From Corn

Middle: Popcorn Geography

HS: The Science of Popcorn



### FUN FACTS:

1. An ear or cob of corn is actually part of the flower and an individual kernel is a seed.
2. On average an ear of corn has 800 kernels in 16 rows.



## ALL ABOUT NEW JERSEY!

Sweet Corn is in season in the summer, during the months of July, August, and September.

[A Look Inside the NJ -Sweet Corn Business](#)

### HISTORY

Corn, member of the grass family, it was first domesticated from a wild grain several thousand years ago by Aztec and Mayan Indians in Mexico and Central America. Eventually, corn's popularity spread to North America. By the time the first European settlers arrived on this continent, corn was the chief food crop of the native Indians.

### HOW DOES IT GROW:

All the corn varieties can be divided into four basic groups: field corn, sweet corn, popcorn and ornamental corn. Corn is typically pollinated by the wind, having both male (tassels) and female (silks and ear) flowers. Pollen from the tassels needs to land on the silks in order to create a good crop.

[How does Corn Pollinate: Video](#)



### NUTRITION FACT:

Corn is high in protein and carbohydrates and has been an important nutritional food for over thousands of years.

### RECIPES:

*Jersey Tastes!* Recipe Videos

Lunch: [Confetti Corn Recipe & Video](#)

Breakfast: [Corn and Basil Muffins](#)

Side Dish: Jersey Fresh: [Grilled Corn](#)

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