

A Kernel of Truth

Popcorn Trivia

1. There are this many types of corn, but only popcorn pops...
A. 5 B. 9 C. 14
2. Popcorn pops best between...
A. 600-630° B. 500-550° C. 400-460°
3. Some Native Americans used popcorn for...
A. money B. jewelry C. tools
4. The Average American eats this much popcorn each year...
A. 8 quarts B. 52 quarts C. 43 quarts

The hull is made of _____.

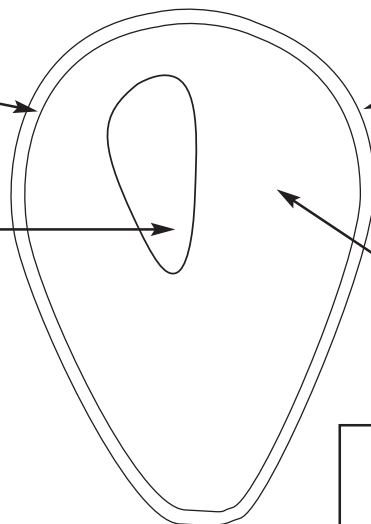
Each kernel has some _____ in it.

The actual piece of popcorn is the _____.

The outer hard covering of a kernel is the _____.

This explodes when the moisture gets to about 400° F. _____.

Popcorn Anatomy
moisture, starch, hull,
kernel, cellulose



Answers : 1. A, 2. C, 3. B, 4. C

Fill in the blanks to learn what food group popcorn is in.

1. _____
2. _____
3. _____
4. _____
5. _____

1. Carbohydrates give you _____.
2. Popcorn dates back to Aztec Indian _____.
3. You can make popcorn in the _____.
4. Popcorn is fun for the whole _____.
5. The oldest popcorn ears were found in caves in _____.

Zea Mays Everta

What's that you say? It's the scientific name for popcorn. All plants have a common name as well as a scientific name. Use your dictionary to find out other information about this delicious plant. _____



Carbohydrates

It's a big word and one that gives our bodies the energy we need to live, work and play. How many words can you make from this word? You can rearrange the letters. Award yourself 1 point for every word with three or more letters. Continue your list on back of this sheet.