



FOOD FOR THOUGHT:

Corny Corn

CORN FUN FACTS:

- Farmers grow corn on every continent except Antarctica.
- Corn is America's number one field crop.
- The husk of the corn is traditionally used in making tamales.
- The average ear of corn has 800 kernels in 16 rows.
- Corn can be produced in various colors including blue-gray, purple, green, red, and white but the most common color grown is yellow.
- High fructose corn syrup is made from corn. It is the most common sweetener in sweetened beverages and processed foods.



TRY THIS AT HOME!

- Grilled corn on the cobb
- Mexican street corn
- Creamed corn
- Cowboy caviar



DID YOU KNOW?

- Corn is called maize in other parts of the world. It comes from the Spanish word *maiz*.
- Corn is in season during August and September in Texas.
- Corn plants typically are harvested when they are between 6 to 8 feet tall.



TRIVIA QUESTION:

Historians generally agree that corn was first domesticated in which country?

- A ARGENTINA** **B UNITED STATES** **C MEXICO** **D BRAZIL**

*Flip page for answer **



MEXICAN STREET CORN

Servings: 4

Ingredients:

- ½ cup finely crumbled cotija cheese, plus more for serving
- ¼ cup mayonnaise
- ¼ cup sour cream
- ½ teaspoon chili powder, plus more for serving
- 1 medium garlic clove, minced
- 4 ears shucked corn
- 1 lime, cut into wedges

Instructions:

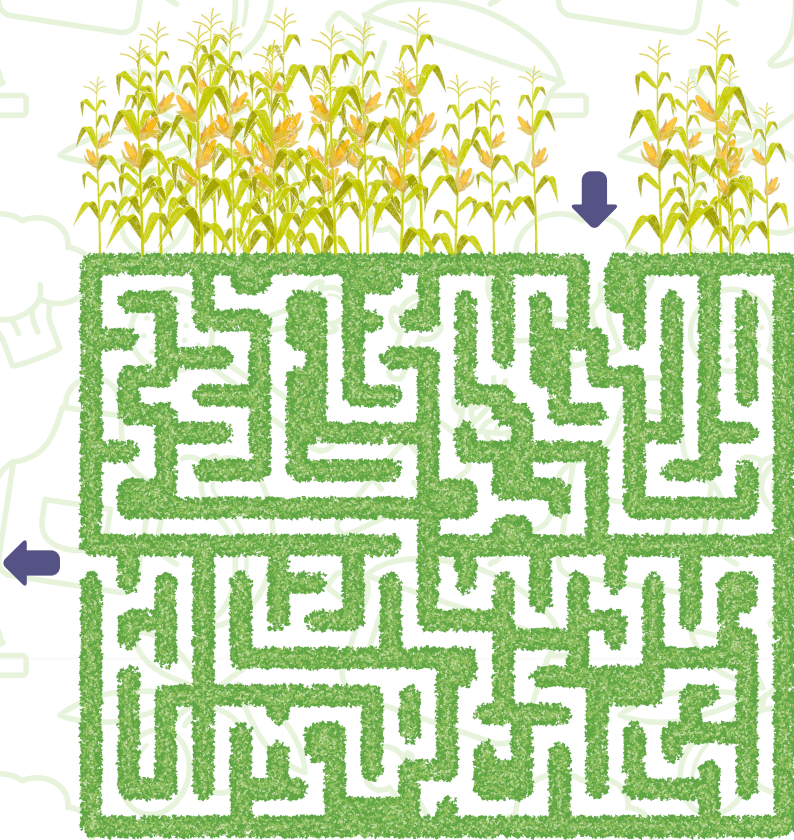
1. With adult supervision, place corn on hot grill, rotating occasionally until cooked on all sides, about 8 minutes total.
2. With adult supervision, cut ingredients mentioned above. Combine cheese, mayo, sour cream, cilantro, chili powder and garlic in a large bowl. Stir to combine.
3. Transfer corn to large bowl and use a large spoon to evenly coat all sides with cheese mixture.
4. Sprinkle with extra cheese and chili powder, if desired.
5. Serve with lime wedges and enjoy!



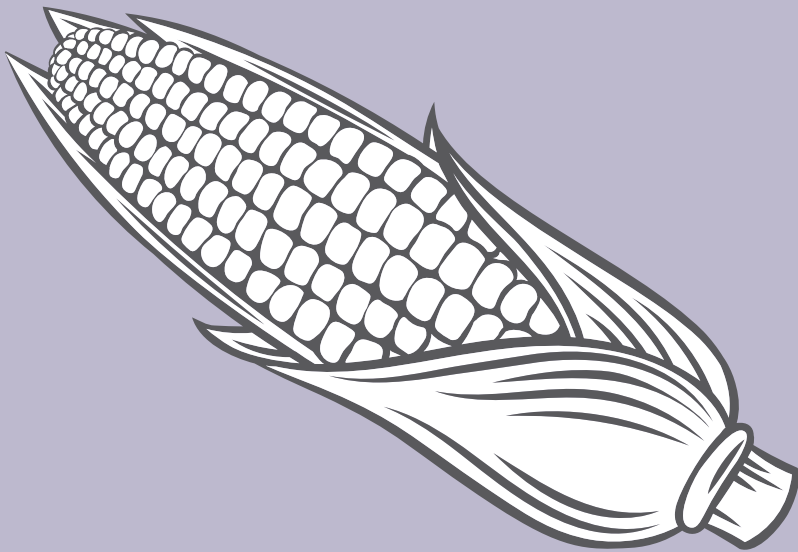
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SOLVE THE CORN MAZE!



COLOR IN THE CORN



Answer: C

IS CORN A VEGETABLE, FRUIT OR GRAIN?

Corn is actually a combination of all three!
The plant's flowers produce corn as a **fruit** and the **seeds** are enclosed in the kernels of the corn fruit.

Corn belongs to the same fruit family as wheat and rice, called *caryopsis*. These fruits can be used to produce **grains** for our food. Corn can also be cooked and provide similar nutrition as a **vegetable**.

