

# Tips for Busy Early Childhood Professionals



## is for Corn

- Corn is a vegetable and a grain. It is a vegetable when the kernels are soft. It is a grain when the kernels become hard after harvest.
- We eat corn on the cob, tortillas, popcorn, corn flakes, and corn chips.
- Corn is a source of fiber and vitamin C.

*Photos: Network for a Healthy California*

**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Corn Salsa

Makes 25 tastes. ¼ cup per taste.

### INGREDIENTS:

- 3 1/8 cups canned corn, drained
- 3 1/8 cups mild, chunky salsa
- 50 whole wheat crackers

### SUPPLIES:

- can opener, colander, medium serving bowl, mixing spoon
- 1 cup and 1/8 cup measures
- napkins and paper plates

### PREPARATION:

1. Combine corn and salsa together in medium serving bowl. Mix well.
2. Serve ¼ cup corn salsa with two whole wheat crackers on a plate.

### Nutrition information per serving:

Calories 69, Carbohydrate 12 g, Dietary Fiber 2 g,  
Protein 1 g, Total Fat 2 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg,  
Sodium 320 mg

### Recipe adapted from:

Harvest of the Month. [http://www.harvestofthemonth.com/download/Summer/Corn/Corn\\_Edu.pdf](http://www.harvestofthemonth.com/download/Summer/Corn/Corn_Edu.pdf)



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can help drain canned corn using the colander.
- They can measure the corn and salsa into the serving bowl and stir the mixture together.
- Children serve themselves their portion of corn salsa and crackers.
- They can remove the husk and silk from the fresh corn.

### Food Safety and Sanitation:

- Clean food preparation areas and utensils before cooking.
- Everyone washes hands before cooking and eating.
- Children can help clean up food preparation and eating areas.

### Creating a Child-Friendly Environment:

- Sometimes foods, like salsa, can sting the eyes. Remind children to keep their hands away from their faces while preparing and eating the corn salsa.



# Activity:

## “Corn is Maize”



Children will learn about the nutritional value of corn, the different colors of corn, and how people from different cultures use it for their meals.

### MATERIALS

- Copy of the book *Corn is Maize* by Ailiki. A copy is available in your school library.
- Corn (fresh and/or dried corn on the cob, popcorn kernels, popped popcorn, grits/hominy (posole), and products made from corn such as baked corn chips, corn tortillas, etc. Collect pictures of corn and corn products if food items are not available. Make sure to have different colors of corn/corn products or pictures available: white, yellow, blue, and red (use some of the Thanksgiving corn, if available).

### WHAT TO DO NEXT

1. **Before children arrive:** Have a display of the different corn and fresh products.
2. **Sitting at a table:** Pass around some of the products to allow children to touch and smell the corn and corn products. Ask them about their observations. What does the corn smell like? How does it feel? Is all corn the same color or does it come in different colors? If you are using photographs, show the pictures and ask the children similar questions.



3. **Circle time:** Ask children if they have eaten corn and how it was prepared. Ask the children if they eat corn, and how they eat it -- bread (corn bread, Johnny cake/hoecake, tortillas), as breakfast (corn pancakes, grits, corn breakfast cereal), as lunch or dinner (on the cob, kernels, tacos, tamales, polenta), as snacks (popcorn, corn chips), or as dessert (caramel corn, corn pudding).
4. **Story time:** Tell children the name of the book and the author. Tell them that they will be learning about how corn was discovered, how it came to be one of the world's most important foods, and how it is grown and used today.
5. **Cooking:** Have the children wash their hands and help prepare and taste the recipe from the front page.



### Connections to California Department of Education Child Desired Results: 3 years to Pre-K

CDR 1: Interpersonal Skills 8, Language 12,14,15; CDR 2: Literacy 29,32;  
CDR 3: Fine Motor 35; CDR 4: Safety and Health 39

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; Language 12,  
13, 14; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit [www.oachampionsforchange.net](http://www.oachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.