

Activity:

"Corn is Maize"



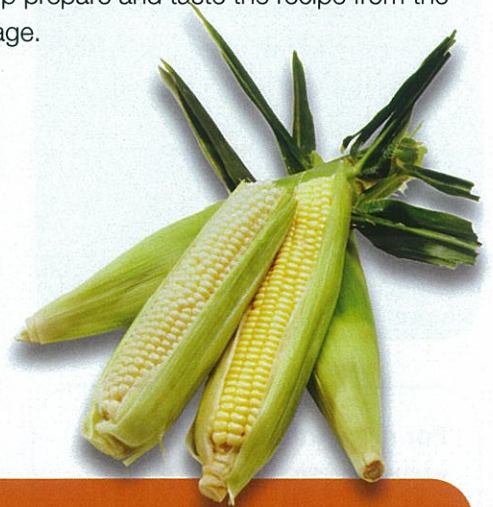
Children will learn about the nutritional value of corn, the different colors of corn, and how people from different cultures use it for their meals.

MATERIALS

- Copy of the book *Corn is Maize* by Aiki. 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.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.