

**Lesson Title:** Crazy About Corn**Time:** 45-50 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** 4th-5th

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will read clues until they guess the fruit or vegetable of the day. Students will have the opportunity to work with a group to read and follow a recipe in order to create and then eat Corn Salsa.

Content Standards:

1.5.1 Describe why it is important to participate in healthy behaviors. 5.5.5 Choose a healthy option when making a decision. 4.RI.10 By the end of the year read and comprehend a variety of informational texts. 5.RI.10 By the end of the year, read and comprehend informational text 4NF.A Extend understanding of fraction equivalence and ordering. 5MD.A Convert like measurement units within a given measurement system.

Materials: [Clues Slideshow 2](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Corn Images](#), [Corn Activity](#), [Corn Salsa Recipe](#), (ingredients may need to be double or tripled, depending on class size), frozen corn, red onion, bell peppers, canned jalapenos, fresh cilantro, lime juice, taco/tortilla chips, plastic plates, large mixing bowl, serving spoon, small bowls (1 per student), cutting boards and plastic knives for each group, pencils, coloring utensils

Online Resources: [Clues Slideshow 2](#)

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have corn (thawed, in a large mixing bowl, and hidden from view) and all other ingredients and supplies washed (if needed), and separated into groups (on plastic plates or trays) for students to cut.

1. Share the [Clues Slideshow 2](#) with the students. Press the spacebar to advance slides. Stop after each slide to allow for guesses. When you get to the last slide, hit the spacebar to make the last question and answer appear on the screen.
2. Share the [Corn Images](#) with the students and have students share what they know about corn or how corn is used. Share the [My Plate Poster](#) with the students and ask in which section sweet corn belongs and approximately what fraction of the plate is the vegetables section.
3. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
4. Give one copy of the corn salsa recipe to each group to look at (or project on the screen). Read the [Corn Salsa recipe](#) with the students and show them the ingredients they will be using. The recipe only serves 6, so the recipe will need to be adjusted for the number of students. Have students help adjust the values to reflect how many students are in the class.
5. Give each group a cutting board and plastic knife and the vegetables that they will be cutting. Encourage students to take turns and work together to cut the peppers and onion, pull leaves off of the cilantro and chop into small pieces.
6. As groups finish chopping, have each group add their vegetables to the large mixing bowl with the corn and then clean up their areas. They can then begin working on the [Corn Activity sheet](#).
7. Add the lime juice and salt to the bowl and mix everything together.
8. While students are working on the activity sheet, pass out a sample of salsa and taco chips to each student. Students can eat their chips and salsa while working on the activity.

9. When students are finished, have them assist with any clean-up still needed and turn in their worksheets.

Closing: Have students share what they learned and/or their favorite part of the lesson. If time, share one or both of the enrichment videos.

Enrichment:

 All About Corn!  Corn is not so "Corny" Anymore  Facts For Kids  Corn Shouldn't Be Food, But It Is