Corn Talking Points

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on corn. Here is some information on corn.

What is Corn?
Corn is a grain and a vegetable that grows on tall stalks in fields. It has kernels (the small, yellow, white, or multicolored seeds) that grow on a cob. Corn is also called maize. **Read trivia for the week.**

Health Benefits of Corn
Corn is a good source of fiber. It contains vitamins A, B, and C. Corn also has antioxidants. **Read trivia for the week.**

Fun Corn Facts
Corn is one of the most important crops in the world. It's grown on every continent except Antarctica. Corn was first grown by Native Americans over 9,000 years ago! The average ear of corn has about 800 kernels, arranged in 16 rows. Popcorn is the only type of corn that pops when heated because of the moisture inside the kernels. Corn is used for practically everything, from plastic to making ethanol to fueling cars. It even goes in soda. A bushel of corn (about 56 pounds) sweetens 400 cans of soda. **Read trivia for the week.**

Fun Ways to Eat Corn
Corn on the Cob: Fresh corn cooked with butter and sometimes salt. Popcorn: A fun snack made by heating dried corn kernels until they pop! Cornbread: A type of bread made from cornmeal, often served in the southern United States tortillas: Thin, flatbread made from corn, used to wrap tacos or burritos. **Read trivia for the week.**

Corn in South Dakota
In South Dakota, sweet corn can be planted from May to early July. Corn is grown in South Dakota as a crop for livestock and food for humans. Corn is used to decorate the Corn Palace in Mitchell, South Dakota. South Dakota farmers plant more than 4 million acres of corn every year. **Read trivia for the week.**

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Helpful Tips

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where all students can see it.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Have classrooms research where the corn for the Corn Palace comes from.
- Take a virtual tour on Youtube. Search Corn Palace in Mitchell South Dakota. Several videos are available.

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