



## Out of School Time Learning Plan Corn



### Harvest Out-of- School Objectives

Participants will review which plant part corn is from  
Participants will review the health benefits of corn  
Participants will make a corn out-of-school time snack

### Harvest Out-of- School Review

- Hold up the corn and ask the participants if they remember, from school:
  - what it is called (corn)
  - what type of plant part does corn come from (seeds)
- Review with them how corn grows (after pollination, each long silk tube swells into one corn kernel), why we should eat corn (healthy bones, healthy immune systems—prevents colds, healthy cells, and healthy digestion), and how to pick good corn (the husk of the corn should be green, the silk should look fresh—not rotted or decaying, and the kernels should be plump and shiny). Please see the next pages for images to share with them.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### Quick Corn & Bean Tacos (10 participants)

(adapted from: <http://www.vegetariantimes.com/recipe/black-bean-toasted-corn-tacos/>)

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 20 oz can of cooked corn          | 1 20 oz can of cooked black beans |
| 2 tomatoes, diced                   | 1 16 oz bag of shredded cheese    |
| Lime juice (optional)               | Salt & pepper to taste            |
| 10-20 Small Taco Shells             | Can opener                        |
| 2 Knives                            | 2 Cutting Boards                  |
| Plate & Spoon (one per participant) |                                   |



General Directions: Place taco fillings in taco shells. Add lime, salt and pepper to taste.

1. All participants should wash their hands.
  - a. Wet hands with water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the tomatoes. Demonstrate how to dice the tomatoes. Cut a tomato in half. Using one of the halves, demonstrate how to cut the tomato into small pieces. Hold the tomato half in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under so their fingertips are protected. Cut the tomato into slices about the width of a pencil. Then cut each slice into smaller bits. Have 2 participants dice the tomatoes.
3. Have 2 participants open and drain the corn and beans.



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- Once the dicing is done, have each participant fill 1-2 taco shells with their own combination of black beans, corn kernels, tomatoes, shredded cheese, lime juice, salt and pepper. Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the corn, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put corn.
- On their “Why we should eat...” page have the participants record one health benefit of corn.
- If time permits, participants may share their responses in pairs, or with the group.

## How does **Corn** grow?

Each long pollinated silk tube becomes a kernel of corn. We eat corn kernels, which are seeds.

Why should we eat **Corn?**

### Manganese

Healthy bones

### Vitamin C

Healthy immune system  
(prevents colds)

### Thiamine

Healthy cells

### Fiber

Healthy digestion, cleans out your system