



## Preschool Home Visit Learning Plan

### Corn

#### Harvest Objectives

Families will describe the outside and inside of corn

Families will identify that corn grows on a stalk and we eat the seeds

Families will taste a piece of corn



#### Harvest Vocab

Bumpy

Outside

Inside

Firm

Stalk

#### Materials & Prep

1 Corn Husk--with leaves on it (plus enough cooked for everyone to taste)

Brown paper bag

Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers

Images (included at end of learning plan)

1 Cooked corn husk & Knife

Taste Test Chart

Stickers (or small Post-It Notes)

Taste Test Extension supplies (optional)

#### Literature Connections

Corn Is Maize: The Gift of the Indians by Alik

Corn (What's for Lunch?) by Pam Robson

Watch Corn Grow (Watch Plants Grow!) by Kristen Rajczak

#### Warm Up

- In order to engage the family and activate prior knowledge, place the corn husk (with leaves on it) in a brown paper bag. Pass the bags around and have everyone feel the corn, without looking and to think of a describing word. Ask them what it feels like and record their responses in a list under the word "Outside." Then take out the corn and ask the family what it looks like and continue to record responses.
- Write the word "Inside." Then have the family peel off the leaves. Pass the corn cob around and ask the family what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen this before?"

#### Explain

- If nobody has mentioned it, share the word "corn" and write it on top of the warm up list. If nobody mentioned the word bumpy in the warm-up, share that now along with other examples. Explain that we eat the corn seeds. What other seeds do we eat? (Sunflower, pumpkin, peanut, etc.)
- Describe how corn grows (on a stalk), why we should eat corn (healthy bones, healthy immune systems—prevents colds, and healthy digestion) and for each reason come up with an action to help the family remember. For example, they can touch their arm bones while



says “healthy bones.” Also explain how to pick a 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 the family.

### **Taste Test**

- Before tasting the cooked corn, have each family member predict if he/she will like the corn. Then after tasting, have everyone share if they liked the corn.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like corn and write that number in each column.
- Review with the family how corn grows and the health benefits.

### **Toddler Tasting**

- To make corn baby food puree, cook frozen corn (without salt) according to package directions. Then place into blender or food processor to puree. Use a sieve, if needed, to get rid of the hulls from the nibblets. If necessary, add water to achieve a smooth, thin consistency.

### **Taste Test Extension**

**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

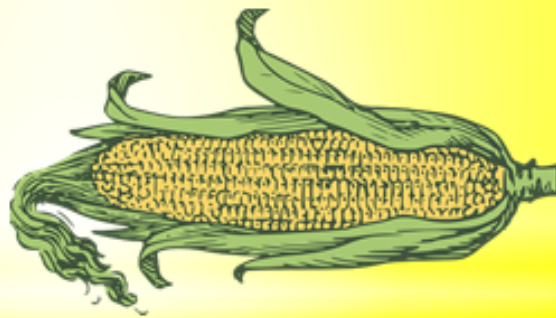
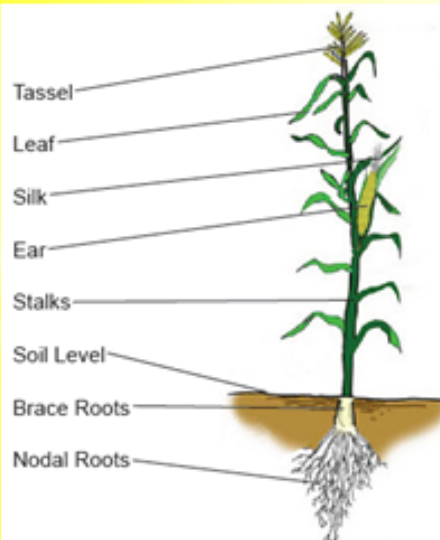
For an additional tasting experience, prepare this recipe with the family having every member help in an age-appropriate manner.

#### Popcorn (about 4 servings)

1 cup popcorn kernels	¼ cup oil
Salt & Pepper to Taste	Countertop popcorn popper
Measuring Cups	Oil (to grease pan)
Bowl (1 per person)	Serving Spoon
Hot sauce (for adults), lemon juice, garlic powder, nutritional yeast (optional)	

1. All family members 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. Demonstrate how to measure the ingredients into the popcorn maker popcorn maker (1 cup popcorn to ¼ cup oil, unless the popcorn maker instructions indicate otherwise). Have the family measure the ingredients. Watch the corn pop.
3. After the popcorn is done popping, have each family member put some in a bowl and then add salt/pepper and other seasonings, if available, to their own bowl. Enjoy!

## 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



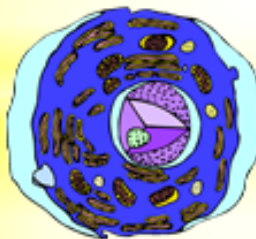
Healthy bones

### Vitamin C



Healthy immune system  
(prevents colds)

### Thiamine



Healthy cells

### Fiber



Healthy digestion, cleans  
out your system