



A Poppin' Good Time



True - or - False

Answer these questions to see what you know about America's favorite snack.

- Popcorn was integral to early 16th century Aztec Indian ceremonies.
- It is best to cook popcorn in butter on the stove.
- Unpopped kernels are called old ladies.
- You should keep your popcorn out on the counter.
- Nobody knows why popcorn pops.
- Americans eat between 14 – 15 gallons of popped popcorn a year.

- Answers
1. True
 2. False
 3. False
 4. False
 5. False
 6. True

Have you ever wondered?

Why does popcorn pop?

Each kernel has some starch in it. When it gets hot, the moisture turns to steam. That steam makes it explode.

How long has popcorn been around?

For a very long time! Native Americans ate popcorn and used it as decoration for ceremonial headdresses, necklaces, and ornaments.

Is popcorn really healthy?

Yes! It is a grain, so it gives our bodies carbohydrates. In other words, we get energy from popcorn.

Popcorn tastes great, but it also looks and smells good, too. Fill in the blanks to write your own **Sensory Story** about popcorn.

Popcorn popping looks like _____

It smells as good as _____

It can sound like _____

It feels just like _____

But best of all, it tastes like _____

Can you crack the secret code below to answer the question?

A	B	C	D	E	F	G	H	I
1	2	3	4	5	6	7	8	9
J	K	L	M	N	O	P	Q	R
10	11	12	13	14	15	16	17	18
S	T	U	V	W	X	Y	Z	
19	20	21	22	23	24	25	26	

3 1 18 2 15 8 25 4 18 1 20 5

This gives your body fuel in the form of energy.

Find the following popcorn words in this word search.

grain, energy, starch, microwave, old maid, moisture, fun, everyone loves, cheap, yummy

m i c r o w a v e s t a g
o b r v l w a b n r c h r
i v g r d a c h e a p i a
s e y u m m y a r g r n i
t t u r a e m o g i s t n
u u g o i n g y r f u n
r i n g d s t a r c h m e
e v e r y o n e l o v e s

