

Popcorn Lesson

11.3.6 DFG & 11.3.9 A

Intro: Guess what I am?

I am a classic but “fun food”. I have been around for over 5000 years. I transform myself into popular shapes such as snowflakes and mushrooms. I go from un-edible to edible when exposed to heat. I make noise and I’m celebrated every January 19th. What am I? POPCORN

Pre/Post viewing Activity: Popcorn Anticipatory Guide

Complete the “Before” column and then view the YouTube clip on Popcorn and afterwards complete the “After” column.

<http://www.youtube.com/watch?v=5NWKrEZn8GM>

Before	Statement	After
True and/or False	Popcorn is a SUPERFOOD.	True and/or False
True and/or False	Popcorn contains antioxidants.	True and/or False
True and/or False	Popcorn contains disease fighting properties	True and/or False
True and/or False	The healthiest part of popcorn is the kernel.	True and/or False
True and/or False	All popcorn is the same.	True and/or False
True and/or False	Microwave popcorn is healthier than air-popped.	True and/or False
True and/or False	One serving of popcorn can provide you with over 70% of whole grains.	True and/or False

Discuss: To learn more about the history and science of popcorn complete the following activities.

Assignment: Read the article "Popcorn: A "Pop" History and answer the questions.

<http://www.pinterest.com/pin/493425702895178639/>

Finally, view any or all of the following videos about popcorn:

A: How popcorn is made:

<http://www.youtube.com/watch?v=wclFS2xvI5c>

B: The Science & History of Popcorn:

<http://www.youtube.com/watch?v=qAIXfVDXoMc>

C: Alton Brown's Pop Culture (available for \$2.99 or free streaming if you have a Prime membership) at

http://www.amazon.com/gp/product/B00ESB2Y06/ref=dp_dp_ep10

As you can see, there's a lot more to popcorn...it's more complex than it looks!

Discuss: There are a lot of different types of popcorn available at the store, but are they all created equal or is one type better than another?

To get a better idea of how popcorn types stack up against one another, we are going to have a popcorn comparison lab.

Lab Activity:

In this lab you will be comparing three types of popcorn and evaluating each of them on cost, taste, time, and nutrients.

You will fill in the chart with the information as you proceed through the lab.

Afterwards you will individually complete some follow-up activities:

- A. Rank each type for each category and create a bar graph to illustrate your results.
 - Least to most expensive
 - Fastest to slowest in preparation/clean-up
 - Most nutritious to least nutritious
 - Best tasting to worst tasting
- B. Summarize in a paragraph which brand you believe to be the best overall and explain why using the results from your comparison to support your choice.
- C. Complete the "Popcorn Math" problems to practice calculating unit prices.

Project: Magazine Article: 20 Things you Didn't Know about Popcorn.

Discover Magazine has contacted you to write an article about popcorn. Your task is to find a partner and create a "20 Things You Didn't Know About Popcorn Article".

See guide sheet and rubric for details.

