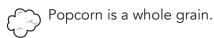
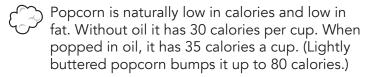


Popcorn is a popular snack that can add fun to any occasion. But did you know that in addition to being a tasty snack, popcorn is also good for you? That's a magical snack! Read more about popcorn's nutrition.



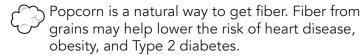
Popcorn is vegan, gluten-free, sugar-free, and non-GMO, and has no additives.



Three cups of popcorn equal a serving of grains.



) Whole grains provide the body with nutrients like zinc and magnesium, and vitamins B, A, E, and K.



A serving of popcorn even has iron.



Popcorn can be mixed with other ingredients and spices to create sweet and savory snacks. What are some ingredients and spices that could make popcorn pop with even more flavor and nutrition?

1._____

3

How can popcorn become an unhealthy snack?

Part 2 My Personal Popcorn Plan

Now, create a recipe with step-by-step directions to make popcorn burst with even more health power. Check out these examples of mix-ins or brainstorm your own: nuts, dried fruits, berries, spices, yogurt, or grated cheese. Use your imagination!

I'm going to make my popcorn even more delicious and nutritious by adding:

Follow these steps!

Families:

Pop on over to The Popcorn Board at popcorn.org for delicious and nutritious recipes and information on popcorn!



