









# A Magical Snack!

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 a whole grain.
-  Popcorn is vegan, gluten-free, sugar-free, and non-GMO, and has no additives.
-  Popcorn is naturally low in calories and low in fat. Without oil it has 30 calories per cup. When popped in oil, it has 35 calories a cup. (Lightly buttered popcorn bumps it up to 80 calories.)
-  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.
-  Popcorn is a natural way to get fiber. Fiber from grains may help lower the risk of heart disease, obesity, and Type 2 diabetes.
-  A serving of popcorn even has iron.
-  Popcorn is a great snack between meals.

## Part 1

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. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can popcorn become an unhealthy snack?

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## 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:

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Follow these steps!

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### Families:

Pop on over to The Popcorn Board at [popcorn.org](http://popcorn.org) for delicious and nutritious recipes and information on popcorn!

