

Dear Educators,

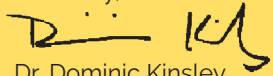
October is Popcorn Poppin' Month! To celebrate, The Popcorn Board and the curriculum specialists at Young Minds Inspired have developed this free educational program to teach your students about the enduring popularity of popcorn and how it became a favorite treat to share at the movies.

We hope that these activities will also inspire your students to enter the annual **Popcorn Pep Club Contest** for the chance to win cash prizes for your school — **\$10,000 in prizes will be awarded to schools!**

Please share this program with other teachers so their students can enter the **Popcorn Pep Club Contest**. And please send us your feedback on the program by visiting ymiclassroom.com/feedback-popcornandmovies.

We look forward to your comments and suggestions.

Sincerely,



Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

Target Audience

Grades 4-8

Program Components

Available at ymiclassroom.com/popcornandmovies:

- This teacher's guide
- Two reproducible student activities
- A curriculum standards chart
- An online feedback form

Concepts and Skills

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| <ul style="list-style-type: none"> • History and culture related to popcorn and movies • Nutrition | <ul style="list-style-type: none"> • Reading informational text • Sequencing • Creative writing |
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How to Use This Program

Make photocopies of the activity sheets and use the information below to guide learning. Visit ymiclassroom.com/popcornandmovies for standards alignment. Students will need internet access to complete the activities. For Activity 2, they will also need index cards or small slips of paper to create flipbooks.



Activity 1: The Perfect Snack

Ask students to name some of their favorite breakfast foods. Then ask: *Does anyone have popcorn for breakfast?*

Pass out the activity sheet so that students can read about the connection between popcorn and breakfast, what makes popcorn the perfect snack, and how it exploded into popularity. Have the students complete the sheet individually or in pairs. Review the answers to Part 1 with the class, and have students share the nutrition facts they research in Part 2 once done.

Answers: Part 1 paragraph order: 3, 2, 5, 4, 1. Part 2: Answers will vary.

Activity 2: The Perfect Pair

Ask the students to share their favorite movie snacks. Popcorn is sure to be high on the list, but just how did popcorn go from being a breakfast cereal to being a staple of movie and home theaters everywhere?

Pass out the activity sheet and review the directions. Once completed, have students swap and share their flipbooks and "movie" posters.

Resources

The Popcorn Board – popcorn.org
YMI program site – ymiclassroom.com/popcornandmovies

Enter the Popcorn Pep Club Contest!

Inspire your students to enter the annual **Popcorn Pep Club Contest** to showcase their team spirit and love of popcorn for the chance to win cash prizes for your school — \$10,000 in cash prizes will be awarded to schools, with top schools winning \$2,500 or \$1,500. **The deadline is December 31, 2024.** For more information, go to popcorn.org/PepClub.

Extension Activities

- Have students poll their family and friends on their favorite ways to enjoy popcorn and show the results in a bar graph. Post the graphs on a bulletin board and have students research fun facts about popcorn to add to the display.
- Have the students write and film their own movies about popcorn using a video editing program approved by the school.
- Create additional "flipbook movies" on other subjects. Have students work in teams to develop and illustrate their stories.



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Questions? Contact YMI toll-free at 1-800-859-8005, or by email at feedback@ymiclassroom.com.



The Perfect Snack

How did popcorn become so POPular? It all started about 150 years ago. Many people ate popcorn with milk for breakfast — the same way we eat cereal today! They knew popcorn was a whole grain and had fiber, which is good for you. Plus, it was affordable and easy to make.

Nowadays, popcorn is considered mostly a delicious treat, especially at the movies. And it is still affordable and easy to make, changing from a seed to a snack in just a few minutes. This transformation happens because popcorn farmers allow their crop to dry until only about 14 percent of the moisture remains in each kernel. Once it's properly dried, the popcorn is ready for popping. Just heat up the kernels until the moisture turns to steam — and boom! The kernel explodes into a tasty, whole-grain, good-for-you fiber snack.

Part 1

Take a closer look at popcorn's journey from seed to snack by putting these paragraphs in order. Read each paragraph and number them from 1 to 5 to show the correct order. Visit www.popcorn.org/All-About-Popcorn/From-Seed-to-Snack to learn more.

- Once the ears have kernels, popcorn farmers wait until the plant is dry and brown, then check to be sure the kernels are hard. They scratch away the tips of some kernels to look for a "black layer" that is the signal the crop is ready for harvest. Popcorn is usually harvested when the kernels have a moisture content of 16%-20%.
- The popcorn plants grow to be about 8 feet high and produce ears of corn covered with a green husk. Feathery tassels grow from the top of each ear and produce a yellowish pollen. Long strands called silks also grow from the ear to catch the pollen as it blows in the wind. This pollination allows the ears to produce kernels.
- Now for the fun part! When popcorn kernels are heated to around 450° Fahrenheit, the moisture inside turns to steam. Pressure builds up within the kernel until it pops, turning the kernel inside out. And like magic, the seed turns into a delicious snack!
- After the popcorn is harvested, the kernels are dried for 8 to 12 months until only about 14% moisture remains. It is this moisture within the kernels that causes them to pop when they are heated. Once the moisture level is just right, the kernels are cleaned and polished, then packaged for distribution.
- Each spring, farmers plant popcorn seeds about 1½ inches deep and 6 inches apart in the soil. (That's nearly 28,000 seeds per acre.) Popcorn seeds germinate and push up through the soil in 10 days.



Part 2

On top of its great taste, popcorn has important nutrients. You can learn all about it at www.popcorn.org/All-About-Popcorn/Nutrition. Choose three nutrition facts about popcorn and write them on the back of this sheet. Then share what you have learned in a class discussion.

The Perfect Pair

How did popcorn become a favorite part of watching a movie? It started during the Great Depression, when most people had little money. At about 5¢ per bag, popcorn was one snack even cash-strapped families could still afford. At that time, movies were affordable too — about 25¢ per ticket — so when clever popcorn vendors set up their carts near movie theaters, most folks couldn't resist. Before long, theater owners began making popcorn in their lobbies, luring moviegoers inside with its warm, buttery smell, and the popular pairing of popcorn with a movie became history.

Popcorn has not changed much over the years, but movies have! Today we have computer-generated imagery (CGI) to add extra excitement and streaming to bring movies into our homes.

It's even easier to make movies today. Before CGI, for example, animated movies were made with a series of drawings, each one a little different from the one before it, to show movement from frame to frame. To make a full-length animated movie in those days you might need more than 200,000 separate drawings! No wonder most animators today use CGI to tell their stories.



Part 1

Would you like to make an animated movie? The old ways still work, and all you need is paper and a pencil. Try it by creating an animated movie about popcorn's journey from seed to snack. You might show a kernel that slowly pops or one that pops and jumps around the page. Just follow these steps.

1. Stack up some 3 x 5-inch file cards or slips of paper and staple them together on the left side to make a booklet.
2. Begin drawing your story in the bottom left corner of the bottom page. Start by drawing a popcorn kernel.
3. When you have finished your first drawing, lay the next page down on top of it and draw your picture again, but with a little difference. For example, draw the popcorn kernel again in the same location but show it starting to explode or pop.
4. Continue in this manner until your popcorn kernel is completely popped and this is the image on the top page.
5. When you are done, flip through the pages quickly, from bottom to top, to see your popcorn transform from a kernel into a fluffy snack.

Part 2

On the back of this sheet, design a movie poster advertising your animated popcorn movie. Visit www.popcorn.org/Recipes for delicious recipe ideas you can use to add a popcorn pairing to your poster!

