

What makes popcorn pop?

The secret to popping corn is water! Inside each kernel of corn, a tiny amount of water is stored as soft starch, which is inside of the hard outer popcorn shell. When the kernel is heated, the water turns to steam, which causes pressure inside the kernel. The pressure builds until the hard outer shell can't stand it anymore and SNAP! POP! The kernel explodes! You should always make sure that you have a lid on your popcorn popper, or you'll have popcorn all over the place!

Popcorn Facts:

The USA grows more corn than any other country in the world.

Most Americans eat about 70 quarts of popcorn each year!

Popcorn is a good snack. It's full of fiber and energy boosting carbohydrates. Plain popcorn has no artificial additives or preservatives, and is sugar free and low in calories.



Created by Schuster's Farm. Visit schustersfarm.com for information on fall fun!