

Sweet Corn – Yoga

10
minutes

Move through a plant's life cycle with Sweet Corn Yoga.

1. Spread out and take a seat on the floor. Prepare to move through the life cycle of sweet corn.
2. Slow your breathing before beginning to move. Take a deep breath in, hold it for a moment, then slowly let it out like you are slowly blowing off some too-hot-to-eat sweet corn.
3. Sweet corn begins its life as a seed. (Child's pose)
4. You soak in some water (breathe in), and sprout. (Breathe out and move to your hands and knees in tabletop position)
5. Warm weather, rain, and sunlight help the corn grow. You are now a seedling, aka a young plant. (Downward dog pose)
6. You grow and grow and grow. (Slowly stand up tall in mountain pose)
7. An ear of corn develops. (Tree pose)
8. Your tassel appears above your head, and the wind gently blows your pollen. (Raise your arms above your head and sway, if possible. Experiment to keep your balance.)
9. Corn kernels grow on the cob. The sweet corn is harvested. What is not eaten can be planted, and the life cycle repeats. (Return to child's pose, and repeat.)

For descriptions and pictures of yoga poses, see the [University of Arkansas 4-H Yoga Poster](#).



Learning Activity

Comparing Corn

20
minutes

Iowa is one of the top corn-producing states, yet less than 1% of those kernels are sweet corn.

Materials: examples of types of corn, such as sweet corn, dent (field) corn, and popcorn kernels; photos of the plants

1. Encourage students to observe the different examples of corn. How are they similar and how are they different?
 - Sweet corn can be cooked and eaten off the cob. Kernels can be cut off the cob and frozen or canned. Sweet corn feels a little squishy and wet when it is harvested.
 - Dent corn, which fills most of Iowa's corn fields, is used to feed livestock and can be processed into ethanol and food products. The kernels have a dent on the end and feel dry when touched.
 - Popcorn can be eaten, of course, but needs to be heated so the kernels explode into white puffs. The kernels have a hard hull.
2. Show photos of corn plants. Each type of corn has a unique plant. Farmers plant fields of one type of corn rather than mixing them together. How are the plants similar and different? They look very similar, but point out, for example, that sweet corn plants are shorter and harvested earlier.
3. Use the students' observations of similarities and differences to write riddles about the types of corn. Older students could develop their own in small groups or independently and then share as the class tries to guess the type of corn. An example is provided below.
4. Follow up this activity by tasting samples of sweet corn.

Example of a Comparing Corn Riddle

I am yellow.
I grow on a cob.
If you cook that cob in boiling water, you can eat me.
What type of corn am I?

Learning Activity

Sweet Corn

10
minutes

1. Before passing out any samples, review Brave Tasting Expectations, including "Don't yuck someone else's yum" and "We all wait and try together."
2. If available, offer a variety of tasting options such as corn on the cob. Students can mix their own sweet corn salsa to eat with red pepper scoops or corn chips.
3. After tasting, ask students to voice their thoughts and "Vote with your thumb." Thumbs up, to the side, or thumbs down. I like it, it's okay, or no thank you.