



FOOD TIPS FOR MOMS & TOTS



A CUPFUL OF CORN

MOTHER -

Yellow corn is high in vitamin A but not white corn because vitamin A is carried in the yellow color. (Vitamin A is important for growth, vision and teeth development.)

Although corn is in widespread use around the world it is native to the Americas and was first grown by the Indians. It was quickly accepted in many other countries because it was easy to grow and ripened early.

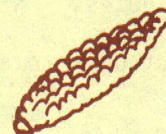
Corn is made from many flowers. Each kernel is a flower and the silk is really the part that is used to fertilize the flower.

Young vegetables such as young corn have a high sugar content but as they mature it turns to starch.

Because of its starch and vitamin content, corn can be used instead of bread at a meal.

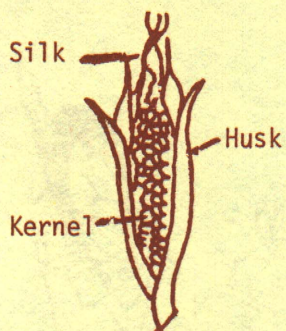
If you have freezer or shelf space, freezing or canning corn saves money. Corn can be frozen on or off the cob.

Have leftover corn? Use it in fritters, chowder and mixed with other vegetables. Fresh corn can be roasted or boiled or cut off and mixed with other vegetables. Corn meal can be made into corn meal mush, stuffing or bread.



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YOU AND YOUR CHILD










1. Show the husk covering the corn, the silk, kernels and cob and explain how corn comes from flowers.
Have your children help husk the corn.
2. Add a little water to cornstarch and mix. Looks watery but is sticky.
3. Make popcorn - show the closed seed and explain how it 'explodes' when it is heated to expose the white popcorn.

4. Tomatoed Corn

STEPS FOR:

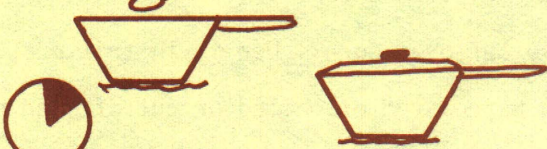
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|----|--|---|---|
| | MOTHER |  | CHILD |
| 1. | 4 ears of fresh corn | or 2 cups corn |  |
| | If you are using fresh corn, remove the husk and silk. | | |

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|----|--------------------------|--|--|
| 2. | Cut kernels from the cob |  | |
| 3. | | | Measure 2 cups corn  |


4. Measure:
- | | | |
|---------------|---|---------------------------------|
| 1/4 cup |  | butter |
| 1/4 cup |  | chopped onion |
| 2 tablespoons |  | sugar |
| 1/2 teaspoon |  | salt |
| 1/4 cup |  | chopped green pepper (optional) |

5.  Add butter, onion, sugar, salt, green pepper, corn to saucepan.

6. Cook and stir over medium heat for a few minutes.

7. Cover saucepan. 

8. Turn down to low heat and cook for 10 minutes.

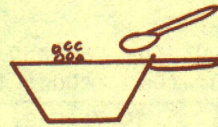
9. Cut up 1 tomato 

STEPS FOR

MOTHER

CHILD

10.



Add to saucepan. Stir.

11. Cover. Cook 5 minutes longer.



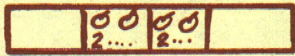
12. Serve.



YOUR CHILD

In this game help your child cut out the rectangles with blunt scissors. Have them match the blocks with the same number and food, touch the edges of the blocks together.

EXAMPLE:



Help them paste the rectangles below in the right way inside the frame.

