

# Go Figure!

Each soybean plant produces 15 to 25 pods. Each pod contains two or three beans.

- What is the highest number of soybeans one plant could produce?
- About 1,500 soybeans weigh one pound. If a bushel of beans weighs 60 pounds, how many beans are in a bushel?

# Corny Scramble

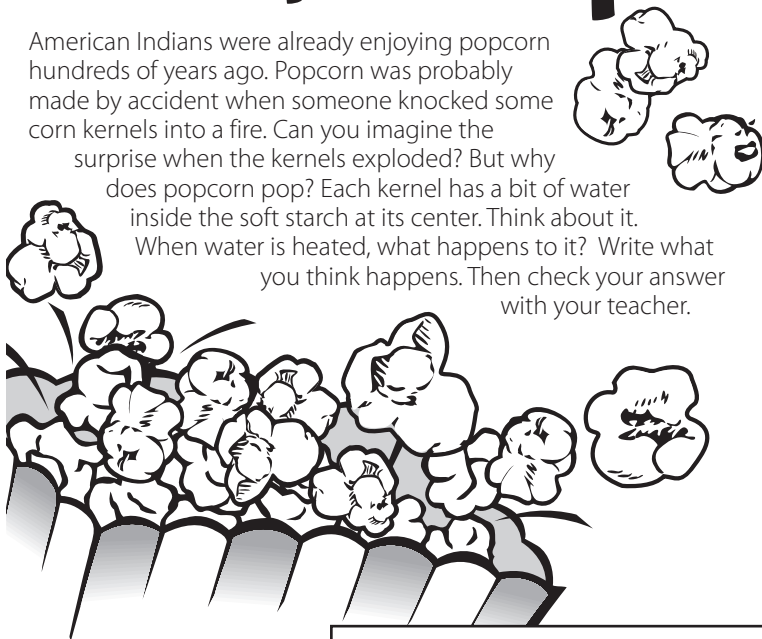
Unscramble the following list of food items that contain corn.

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 cei earcm \_ c \_ \_ \_ \_ \_ m  
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# Pop! Pop! Pop!

American Indians were already enjoying popcorn hundreds of years ago. Popcorn was probably made by accident when someone knocked some corn kernels into a fire. Can you imagine the surprise when the kernels exploded? But why does popcorn pop? Each kernel has a bit of water inside the soft starch at its center. Think about it.

When water is heated, what happens to it? Write what you think happens. Then check your answer with your teacher.



# Strawberry Banana Tofu Smoothie

Makes 4 servings (1/2 cup each)

**In this recipe, which ingredient is the soy product packed with nutrients that builds strong muscles and good bones and teeth?**

### Ingredients:

- 1 package of silken/soft tofu (10.5 oz.)
- 1 small ripe banana
- 1 cup frozen sweetened strawberries, slightly thawed and including juice

### Directions:

Combine all ingredients in a blender or food processor and blend until smooth. Serve chilled.

# Corny Counting!

Does a cob of corn have an even number of kernel rows, or an odd number? Make a prediction and then test it out. Get several ears of field corn and start counting! Compare results.

**My Prediction:** \_\_\_\_\_ **Actual:** \_\_\_\_\_

Use a ruler to help you estimate the total number of kernels on a cob. (How many kernels are in an inch?) After everyone makes a prediction, count the kernels for an official answer. How did the ruler help in estimating?



**Why don't you tell secrets in corn fields?**

Too many ears!