



How to make popcorn

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Popcorn is made from dried sweet corn seeds, these are called kernels. You can have fun making your own popcorn at home, here are two easy ways.

THE MICROWAVE Kid-FRIENDLY way

1. Grab a paper sandwich bag and put in a handful of popcorn kernels.
2. Tightly roll the top of the bag down a bit to seal it and prevent the popped corn from escaping.
3. With an adult's assistance place the bag in the microwave and close the door.
4. Nuke for 2-3 minutes on high.
5. You'll get a blast from hearing it POP!!!!!!!!!!!!

THE old-FASHIONED way

1. Get a grown up to supervise while doing this on the stove.
2. Heat a tablespoon of olive vegetable oil in a saucepan until quite hot, be very careful.
3. Pour a $\frac{1}{4}$ cup of popcorn kernels into the pan and put on the lid.
4. Holding the lid down firmly swish the pan around occasionally.
5. When you hear the popcorn exploding shake the pan around every 10 seconds to cook the corn evenly and prevent it from sticking.
6. Serve with melted organic Paris Creek butter and sea salt. YUMMMM!