

NATIONAL POPCORN DAY  
January 19<sup>th</sup>

A day to celebrate healthy (until you load it with salt and butter), and addicting popcorn. According to tradition, it is celebrated on January 19th each year. On National Popcorn Day, we suggest you pop up some fresh popcorn, kick back and enjoy!

**POPCORN STORIES & BOOKS**

*The Biggest Popcorn Party Ever in Center County* - By Jane Hooper Peifer,

Previously reluctant to share their popcorn crop with friends, a barn fire pops Henry and Martha's stored kernels and they decide to have the grandest party ever.

*Corn Is Maize* - By Aliko

Aliko tells the story of corn: How Native American farmers thousands of years ago found and nourished a wild grass plant and made it an important part of their lives.

*If You Take a Mouse to the Movies* - By Laura Joffe Numeroff

If you take a mouse to the movies, he'll ask you for some popcorn. When you give him the popcorn, he'll want to string it all together.

*Popcorn* - By Frank Asch

Join Sam the bear at his costume party, but don't forget to bring the popcorn!

*Popcorn!* By Elaine Landau

A compilation of historical facts, legends, trivia, and recipes, featuring the snack food Popcorn

*Popcorn at the Palace* By Emily Arnold McCully

When young Maisie Ferris and her father take the long trip to England to try and sell popcorn to the English, they are a great success.

*Popcorn Plants* By Kathleen V. Kudlinski

Describes the life cycle of the popcorn plant from the time the farmer plants the seed until the kernel explodes.

*The Popcorn Book* By Tommie DePaola

An entertaining variety of fun and scientific facts about popcorn.

*The Popcorn Dragon* By Jane Thayer

Dexter is a young dragon who loses his friends by showing off, but eventually wins them back by sharing his new found ability to pop popcorn straight from the husks.

*The Popcorn Shop* - By Alice Low

A popcorn machine goes haywire in this rhyming book for beginning readers.

*The Popcorn Tree* - By Carolyn Mamchur

As Mickey and Gary strung popcorn, their mother told them about olden days and the decorations from her childhood.

**POPCORN SONGS**

Popcorn In A Pot -- Sung to: I'm A Little Tea Pot

I'm a little popcorn in a pot.

Heat me up and watch me pop.

When I get all fat and white, I'm done.

Popping corn is lots of FUN!

(Everyone gets down very low for the first part of the song. At the end, jump way up high together on the word FUN!)



Popcorn!

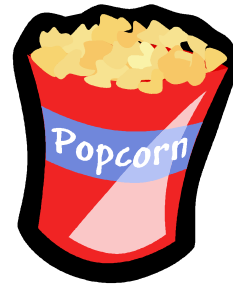
Words and Music By: Mary H. Howliston, Adapted By: Terry Kluytmans - Copyright © 2002  
KIDiddles.com

Happy little kernels of corn are we,  
Wrapped up in our jackets of white;  
We hop and we pop,  
We're so full of glee,  
Hopping 'til we pop just right!  
Hopping, popping,  
Hop, hop, hop!  
Hopping, popping,  
Pop, pop, pop!  
Hopping, popping,  
Hop, hop, hop!  
Hopping, popping,  
Pop, pop, pop!

Busy little kernels of corn are we,  
Stuck inside our corn popper tight,  
We laugh and we dance,  
We just can't keep still;  
Hopping 'til we pop just right!  
Hopping, popping,  
Hop, hop, hop!  
Hopping, popping,  
Pop, pop, pop!  
Hopping, popping,  
Hop, hop, hop!  
Hopping, popping,  
Pop, pop, pop!

Pop The Popcorn

(jump up at the word Pop)  
Pop is how the weasel goes,  
Pop means "in the scoot,"  
Pop is how you smash a bag  
Or firecrackers shoot.  
Pop is how the toast gets up,  
Pop is what your drink,  
Pop is someone's father too,  
But best of all, I think  
Is popcorn  
Poppity, pop, pop, pop,  
Filling the pan  
Up to the top.



## POPCORN GAMES

Guess the amount

Need: popcorn kernels, container

Fill a clear container with kernels each girl guesses the amount of kernels

Popcorn air hockey

Need: flat surface (table), straw (to blow), coffee stirrers (as paddles) or hands (as paddles)

Can you "volley" the kernel back and forth 20 times without letting it fall?

Popcorn basketball

Need: popcorn, baskets (i.e. muffin tins, small cups), backboards (wall, cardboard)

Can you flick a piece of popcorn into the basket?

Popcorn Relay

Need: large bowl of popped popcorn per team. 1 spoon per team. Small cup for each team.

Directions: Give each team a teaspoon and a bowl of popcorn. Thee race is to get a teaspoonful of Popcorn and dash across the room and pour whatever popcorn that doesn't fall off the spoon into a Dixie cup. The first team to fill the cup wins!

### Popcorn-A Drama Game

Need: no supplies

Directions: Players find themselves a spot and squat down. Facilitator: "Everyone is a piece of corn, the floor is a big pan, and we're going to make popcorn. --- We slowly start heating the pan"... As the pan gets hotter, the corn starts to `pop`. A player `pops` by jumping up, clapping hands above their head, and saying `pop`. Make sure the `popping` starts gradually, `popping` is a group thing, and in the end, `popping` should stop.

### Catch a Fly

Need: Various utensils available for children to choose from, a covering on the floor to catch stray popcorn, a popcorn popper (remove the lid).

Directions: Girls will act like spiders who are catching flying insects (represented by the popcorn). Have a set of.. In the middle of the covering, place a popcorn popper. Sit around the popper on the edges of the floor covering. While the popcorn flies out of the popper, girls stay seated but try to catch the popped corn from where they are using their utensil of choice. Only corn that falls into their utensils counts; they cannot pick up what has already hit the floor. After all the popcorn has popped, count the number of "insects" caught.

### Flying Popcorn

Need: one large blanket, small different sized balls

Directions: Have the girls hold the edges of the blanket and raise the blanket waist-high off the floor. Pretend that the parachute is a giant popcorn popper. Begin by "making little waves" by flapping the edges of the blanket. Tell the girls machine is now hot enough for the popcorn kernels to pop. Throw in several soft playground type balls of various sizes (wiffle balls work well) that represent the popcorn. Have the kids start out making small "waves" and work their way up to tidal waves. The balls will start to jump, fly and bounce every which way.

## POPCORN CRAFTS

Let's Make Music!

Materials: Popcorn kernels, paper plates, tape, glue, small containers with lids, empty water bottles with lids, empty film containers

Directions: Take two dessert-sized paper plates and tape or glue together. Before gluing or sealing shut, put enough popcorn seeds inside to make noise. If gluing, allow to dry completely. Place popcorn in a potato chip canister, margarine container or coffee can. When complete, use the instruments to make noise to the music.

### Popcorn Seed Mosaics

Materials: Popcorn kernels, tempera paint (multiple colors), inexpensive paint brush, shallow container, thick paper (poster board), glue, pencils, wax paper Optional: Rubbing alcohol, food coloring. To color the unpopped kernels use alcohol and food coloring. Leave the kernels in the alcohol mixture longer for a deeper color

Directions: Put popcorn seeds in a shallow container (can use paper cup); mix tempera paint with the seeds until seeds are covered. Repeat for additional colors. Spread the seeds out on wax paper and allow to dry (at least 1 hour, or overnight). When the seeds are dry, they can be arranged and glued onto the poster paper in the appropriate areas to create a unique work of art.

### Popcorn Art

Put out a bag of popped popcorn along with construction paper and art supplies-challenge children to come up with some creative art using the popcorn!

### Popcorn Collage

Materials: Colored Glue (can also use paint or food coloring mixed with glue), Paper, Popcorn

Directions: Provide many different colors of glue; glue should be thick enough to hold the popcorn Paint a picture with the glue. Press popcorn onto the painted parts.

### Popcorn Flowers

Materials: Cardstock paper or poster board, Popped Popcorn, Red tissue paper, Green tissue paper  
White glue, Water, Art Brushes

Directions: Cut strips and other shapes of blue and green tissue paper (sky and ground). Mix water and white glue until it has the same consistency as paint. Working on one small section at a time, paint the mixture onto poster board with a brush. Place a piece of tissue paper on top of each glued area. Next "paint" over the top of the tissue. Let it dry. Brush on a second coat of the glue and water. Last use full-strength glue to paste popcorn on top of the tissue paper. Once everything dries, outline the flowers with a marker.

### Popcorn Sculpting

Ingredients: 1/4 cup margarine, plus 1 tablespoon extra, 1 bag mini-marshmallows, 12 cups popped popcorn, 3 packages gelatin (such as Jell-O, 4 serving size), different flavors and colors as desired  
Choice of the following foods, such as sprouts, celery sticks, carrot slices, raisins, pretzel sticks, etc.  
Materials: 3 bowls, Oven mitts, Wax paper or serving plate, Large wooden spoon, Large microwave-safe bowl or saucepan

Directions: Place the margarine and the marshmallows in the microwave-safe bowl. Microwave the two on high for 1 to 2 minutes until the marshmallows are puffed. Using oven mitts, remove the bowl of marshmallows from the microwave. Stir the mixture with a wooden spoon. Divide the popcorn into three separate bowls. Pour equal amounts of the marshmallow mixture over popcorn. Sprinkle a different color of gelatin over each bowl of popcorn and marshmallow mixture. Quickly stir with the spoon until the gelatin and marshmallow mixture evenly covers the popcorn mixture and let cool. Rub some margarine on your hands. Take some of the popcorn mixture and mold into an interesting form. Add different colors of the popcorn mixture to make different parts of the sculpture. Place the sculpture on wax paper or a serving plate. Add any of the remaining foods to make an interesting presentation of the sculpture just before serving. Now, display, eat and enjoy.

### Growing Popcorn In A Baggie

Materials needed: zip-loc baggies, cotton balls, water, potting soil

Instructions: Take a plastic zip-loc baggie, put cotton balls in it and saturate cotton balls with water. Put popcorn kernels into the bag; seal it and tape to a window. Add water as needed and watch the plants grow. Transfer to potting soil later.

### Rain Stick Shaker

Materials: Cardboard Paper towel cylinder, Popcorn kernels, Paint, Paint brushes, Glue, Scissors, Scraps of material, Rubber bands or tape

Directions: Paint cardboard tube and let dry. Cut two circles out of scrap fabric, big enough to cover the open ends of the cardboard tube. Place one fabric circle over tube end and secure with a rubber band or tape. Add popcorn kernels to tube (About a tablespoon full). Secure second fabric circle over open end of tube with rubber band or tape. Hold tube in the middle and shake or turn to make "rain noise".

### Humpty Dumpty Beanbags

Materials: Scissors, Paper, Ruler, Felt, fabric glue, Needle and thread, Popcorn kernels, Measuring cup, Fabric paint and brushes

Instructions: Cut out an oval-shaped paper pattern that measures approximately 6 inches high and 5 inches across at the widest point. Then use the pattern to cut out two felt egg shapes for the front and back of the beanbag. Glue together the front and back along the edges, leaving a 1 1/2-inch opening at the bottom (the wider end). To reinforce the glued seam, sew a running stitch 1/8 inch in from the edge. Pour about 1 cup of popcorn kernels into the egg through the opening. Glue and stitch closed the opening. To make a figure: Make arms and legs using 5-inch felt strips. For fingers, fringe the ends of the arms. Form feet by tapering the ends of the legs. Glue the tops of the limbs to the back side of the oval. Cut out felt eyes, a nose and lips and glue them onto the face. Paint on eyebrows and freckles. Add accessories such as painting on a jersey, shorts and shoes. Or fashion a simple dress out

of two 6- x 3-inch felt rectangles. Place one on top of the other and glue or stitch together the 3-inch side seams, leaving armholes near the upper edge. Slip the dress over the top of the oval and pull the arms through the openings. Paint on buttons and pockets. Perch several beanbags along a bench or table edge and see who can knock down the most with three pitches of a soft rubber ball.

### Stringing Popcorn

Need: sewing needles, string, popcorn

Directions: Start stringing one popcorn at a time by inserting the tip of the needle into the center of each piece. Keep sliding it further down on the thread making room for more popcorn. It's best to slide the popcorn to the end of the thread to prevent knots. Once you feel that you have enough tie off the end of the thread by looping the thread, pulling tightly, and going under the loops a few times. Make sure that it is well-secured, so that popcorn won't fall off, and then gently cut the thread.

### POPCORN SNACKS

#### Homerun Sugar Corn

Makes: 8 cups

Ingredients 1/2 cup unpopped popcorn, 3 tablespoons white sugar, 1/4 cup vegetable oil for popping

Directions: Heat oil in medium sized pan until hot. Add popcorn and sprinkle all of the sugar over it. Cover and shake continuously until popped.

#### Ballpark Popcorn Crunch

Makes: 3 quarts

Ingredients: 1/2 cup butte, 1/2 cup brown sugar, 3 quarts unsalted popped popcorn, 1 cup chopped walnuts

Directions: Cream together butter and brown sugar till light and fluffy. In a separate bowl, toss popcorn and walnuts. Add creamed mixture to popcorn and nuts. Combine until coated. Spread on a large baking sheet in a single layer. Bake at 350-degree oven for 10 minutes or until crisp.

#### Big League Snack Attack

Makes: 8 cups

Ingredients: 1/3 cup butter, 1 teaspoon Worcestershire sauce, 1/4 tea, 1/2 cup salted, roasted peanuts

Directions: Toss together the popcorn, pretzel sticks and peanuts in a large bowl. Melt the butter and stir in the seasonings. Drizzle butter/seasoning mixture over popcorn mixture, stirring to coat well. Spread the mixture in a large, shallow baking pan and put it in a preheated 250-degree oven to bake for 45 minutes. Stir with a wooden spoon every 10 minutes while it's baking.

#### Popcorn Con Pesto

Yield: 5 quarts

Ingredients: 5 quarts popped popcorn, 1/2 cup melted butter, 1 tablespoon dried basil leaves, crushed 1 teaspoon dried parsley, crushed, 1 teaspoon garlic powder, 1/3 cup Parmesan cheese, 1/2 cup pine nuts (optional)

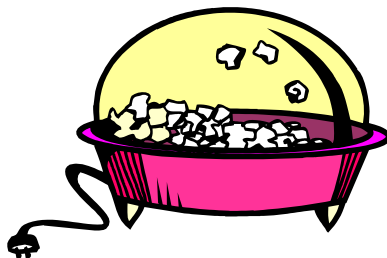
Directions: Put popped popcorn in a large bowl and keep warm. in small saucepan, melt the butter; add basil, parsley, garlic, Parmesan cheese and nuts. Stir to blend. Pour over popped popcorn, stirring well. Note: Dried thyme or oregano, or combination of ingredients, may be used in place of basil.

#### That's Amore Easy Italian Snack

Yield: 2 1/2 quarts

Ingredients: 2 1/2 quarts popped popcorn, 1/2 of a .7oz-package of Italian salad dressing mix

Directions: Place popped popcorn in large bowl. Sprinkle zesty Italian salad dressing mix on top of the popcorn. Toss popcorn and seasoning to combine thoroughly.



### Nutty 'n' Natural Popcorn

Yield: 3 quarts

Ingredients: 2 tablespoons sunflower seed kernels, 2 tablespoons almonds, finely ground, 2 tablespoons walnuts or hazelnuts, finely ground, 2 tablespoons wheat germ, 4-6 tablespoons melted margarine or butter, 1 6-ounce package (1 2/3 cups) chopped dried fruits and raisins, 2 ½ quarts popped popcorn

Directions: Finely grind sunflower kernels and nuts in a food processor or blender. Pour melted margarine over popcorn. Sprinkle with ground nuts and wheat germ; toss to mix. Stir in dried fruits.

### Brown Sugar Lolli-Pops

Ingredients: 6 cups air-popped popcorn, 1 cup brown sugar, ¼ cup honey, 1/3 cup water, 1 tbsp. light margarine, Butter flavored cooking spray, 3 tbsp. cinnamon-sugar mixture, (2 tbsp. sugar to 1 tbsp. cinnamon), Mini pretzel sticks,

Directions: Combine sugar, honey, and water in a 2-quart saucepan; bring to a boil over high heat, stirring constantly until sugar is dissolved. Cook until sugar forms thick, "ropy" threads that drip from the spoon. Add butter and stir to mix. Slowly pour mixture over popcorn, tossing to mix. When popcorn has cooled slightly, spray hands with cooking spray and shape into small balls. Insert pretzel stick to create a lollipop. Roll in cinnamon-sugar mixture and wrap in plastic wrap or in zip-style bags.

### Popcorn Sport Bars

Makes: 12 (3x2-inch) bars

Ingredients: 2 quarts popped popcorn, 1/2 cup sliced almonds, 1/2 cup shredded coconut, 1/2 cup chopped dried apricots, 1/2 cup sweetened dried cranberries, 1/2 cup roasted soy nuts (or shelled sunflower seeds), 3 tablespoons butter or margarine, 2/3 cup honey, 1/4 cup brown sugar (light or dark), 2 teaspoons vanilla extract, 1/2 teaspoon salt

Directions: Preheat oven to 300 degrees F. Line a 13x9-inch pan with foil and spray lightly with cooking spray; set aside. Place popcorn, almonds, coconut, apricots, cranberries and soy nuts in a large bowl; set aside. In a small saucepan, heat butter, honey, brown sugar, vanilla and salt over medium heat. Stir to blend and bring to a boil. Boil 2 minutes, stirring constantly; pour over popcorn mixture. Stir to blend all ingredients and pour into foil-lined pan. With damp hands, press mixture lightly and evenly into pan. Bake 30 minutes or until lightly browned. Cool in pan at least 3 hours before cutting into rectangles to serve. Wrap individually in plastic wrap and store in an airtight container up to 2 weeks.

### Peachy Keen Popcorn Snack

Ingredients: 10 cups air-popped popcorn, ½ cup dried blueberries, 1 cup fat-free peach yogurt, ½ cup sugar, ½ cup brown sugar, 1/3 cup light corn syrup,

Directions: Place popped popcorn and dried blueberries in a large bowl and keep warm. Combine yogurt, sugar, and corn syrup in 2½ quart saucepan; cook over medium heat, stirring constantly until syrup forms thick, "ropy" threads that drip from the spoon. Pour over popped popcorn, stirring to coat.

### Popcorn Fixin's

Looking to spice up your popcorn? Here are a few topping favorites:

Garlic salt - Parmesan cheese - Thyme - Cumin - Oregano - Dry taco seasoning mix -

Dry ranch-style seasoning mix - Lemon pepper - Italian herbs: oregano, basil, marjoram, thyme, and crushed rosemary. - French herbs: marjoram, thyme, summer savory, basil, rosemary, sage, and fennel - Cinnamon, brown sugar, nutmeg

### Range top Popcorn

In a 3 to 4 quart pan with a loose lid (that allows steam to escape) place at least enough popcorn to cover the bottom of the pan, one kernel deep. Add 1/3 cup of oil for every cup of kernels (Don't use butter!) Heat the oil to 400 - 460°F, cover the pan and shake. When the popping begins to slow, remove the pan from the stove-top. The heated oil will still pop the remaining kernels.