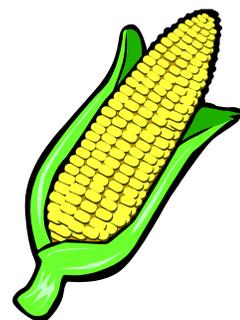


# Where's the Corn? - Label Reading Session

Jo Williams, OSU Extension, Scioto County

Ask the class to gather around the table and look at the products in front of them. Give them a minute to look and see what is there.

Ask the kids to pick out the products on the table that have corn in them. They probably will pick the can of corn, corn chips, corn tortillas first. As they are picking out products, have them look at the label and see if corn is listed. (It will be in everything that I have on the top of the table.) After they have selected a few items they think have corn, start handing them other items and have them look for the corn ingredient. Give a different child an item to look at, so they all get an opportunity to participate.



Once you have spent about five minutes letting them find the corn in each product, explain that each of the products has corn, as well as other things that are grown by farmers. You can then read other things from the labels, like Soybean Oil, Lanolin (which is the oil from sheep's wool), sunflower oil, flax seed oil, wheat, etc.

Explain that not only do these products have corn in them, but corn is also used for bio-fuels, as well as a grain that is fed to livestock that we then use for food and other products.

End the session with the following questions:

Are farmers important to us?

What would our lives be like if there were no farmers?

How would you like to live without all the things on the table? Would that be hard?

Then, tell them it is their job to start looking at the labels to see what is in the things they buy, and always look to see what a farmer helped produce for them.

Give any safety instructions or guidelines – such as staying on the path and not knocking down the stalks – prior to sending the groups into the maze. Finally, turn them loose in the corn maze and tell them to be safe, and have fun! 😊



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