F	W	H	O	L	E	G	R	A	I	N	E
Z	I	S	W	O	W	O	H	U	L	L	O
T	C	B	A	Q	P	Z	R	F	F	S	G
X	M	V	E	A	O	J	A	Z	E	I	A
Q	Z	N	K	R	P	Y	Y	U	M	M	Y
H	O	U	Y	U	C	X	B	X	K	X	S
X	E	K	O	F	O	H	B	J	B	V	N
H	A	A	E	G	R	A	T	E	R	F	A
H	H	G	L	R	N	A	I	T	A	V	C
Q	H	K	O	T	N	H	Q	T	N	J	K
C	O	C	G	W	H	E	Y	S	K	O	T
W	W	K	C	J	C	Y	L	B	O	I	B

Popcorn
Healthy
Hull

Whole Grain
Kernel
Yummy

Fiber
Snack
Bran

FROM SEED TO SNACK

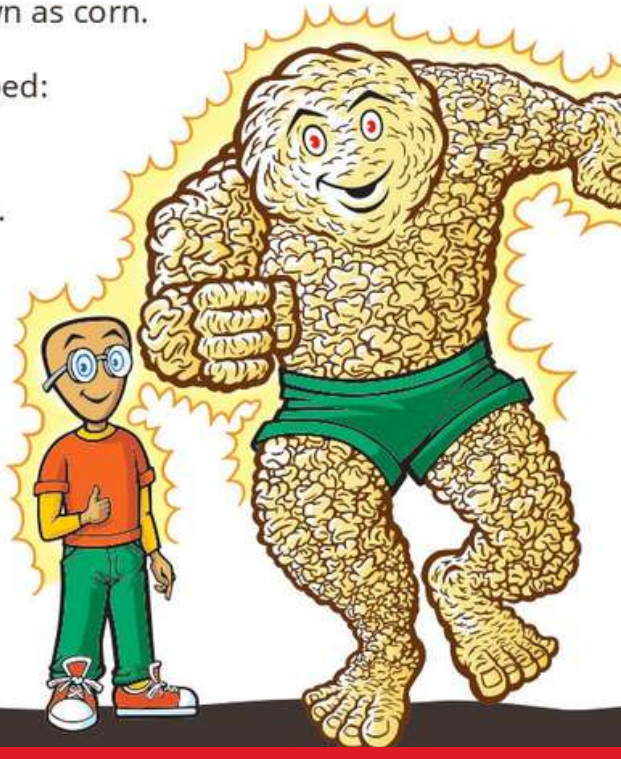
POP CORN PASSION

Complete the Sentence

Use the words in the list below to complete the sentence

grain	mushroom	
snowflake	popcorn	fiber
moisture	maize	whole
germ	calories	

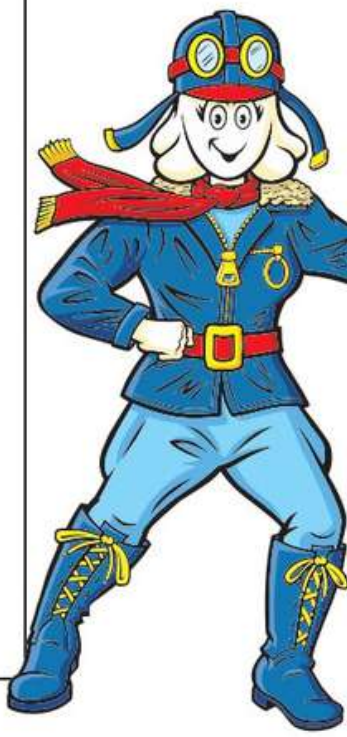
1. Popcorn is a _____ _____ .
2. Compared to most snack foods, popcorn is low in _____ .
3. Popcorn is a good source of _____ , which means it makes you feel full longer.
4. Without _____ , popcorn can't pop.
5. Popcorn is made up of three main components: endosperm, _____ , and the hull.
6. Popcorn is a type of _____ , otherwise known as corn.
7. Most popcorn comes in two basic shapes when it's popped: _____ and _____ .
8. National _____ Poppin' Month is in October.



FROM SEED TO SNACK

POP CORN PASSION

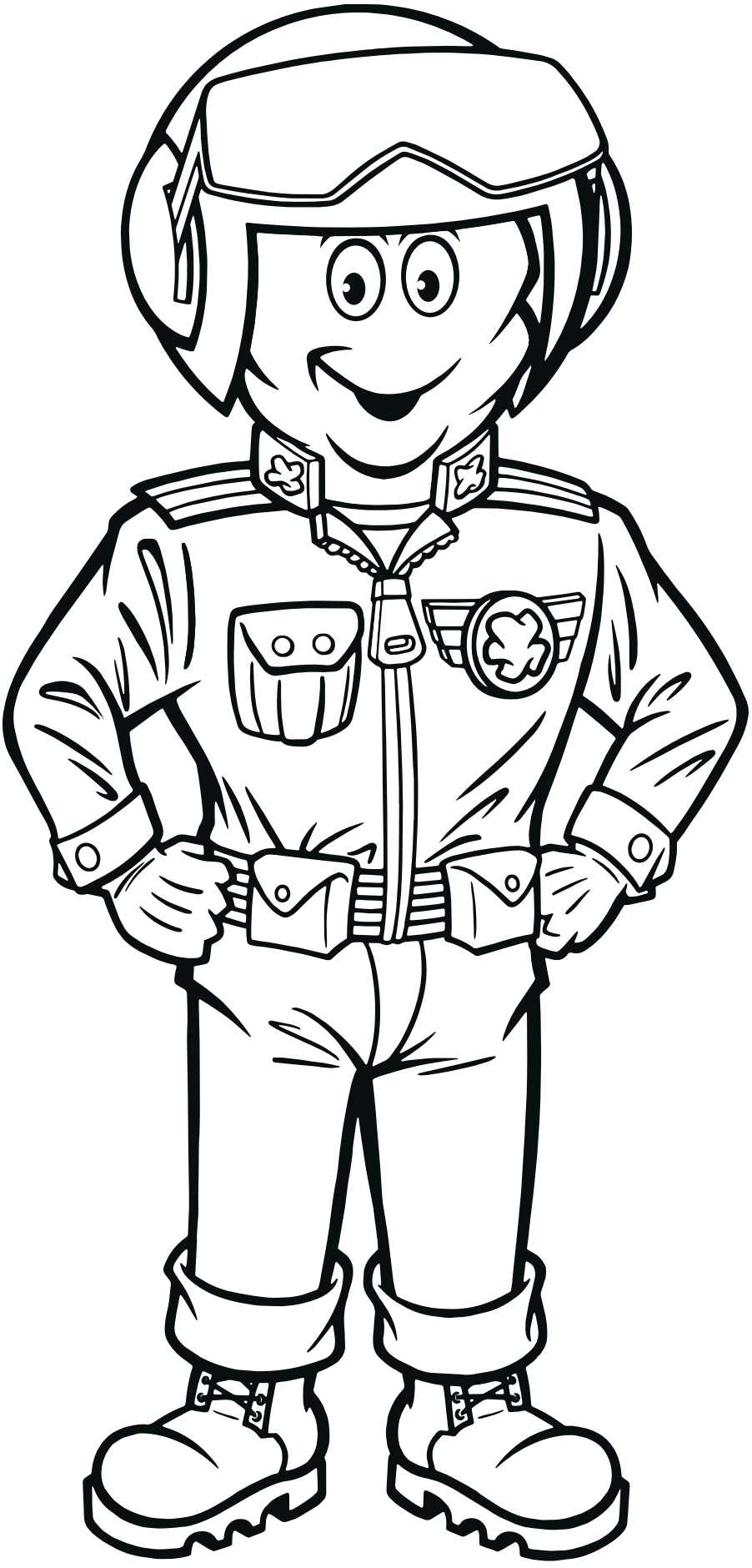
I	P	O	P	A	B	I	L	I	T	Y	V
I	E	V	A	W	O	R	C	I	M	W	F
D	K	G	N	F	E	E	N	E	Y	H	S
Y	S	N	A	C	K	N	Z	L	C	O	E
H	U	B	R	E	B	I	F	O	P	L	I
T	H	M	B	O	A	I	T	L	D	E	V
L	H	P	M	M	C	G	P	R	K	G	O
A	P	C	D	Y	T	P	O	G	E	R	M
E	T	A	R	D	Y	H	O	B	R	A	C
H	A	T	D	A	C	G	U	P	N	I	T
I	V	A	U	C	T	G	B	L	E	N	D
P	R	O	C	E	S	S	O	R	L	R	C



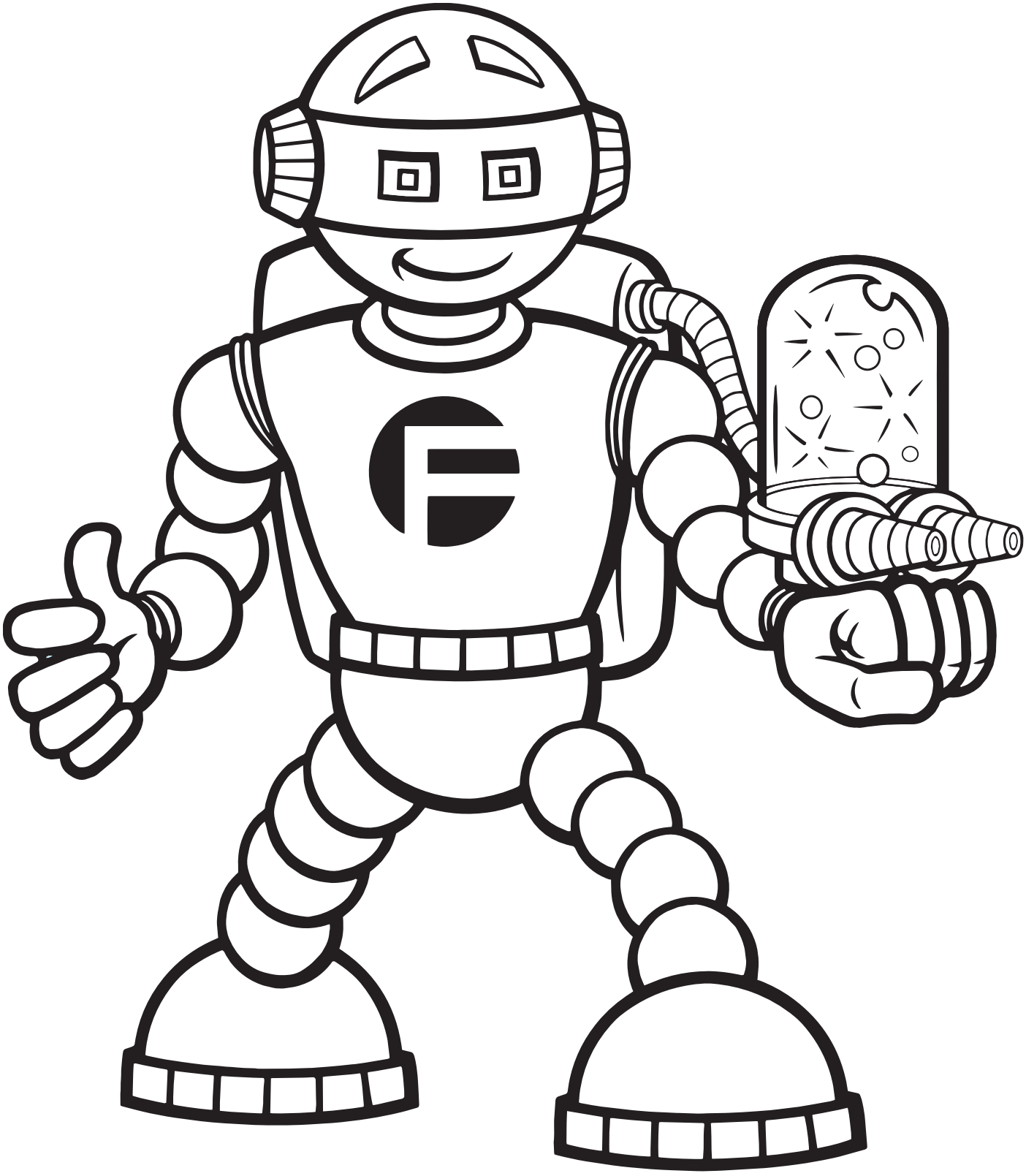
POPCORN
CARBOHYDRATE
BRAN
HULL
HUSK
TREAT
POPABILITY

MAIZE
SNACK
WHOLE GRAIN
YUMMY
STARCH
MOVIES
PROCESSOR

FIBER
KERNEL
HEALTHY
GERM
MICROWAVE
SNACK



FROM SEED TO SNACK
POP CORN
PASSION



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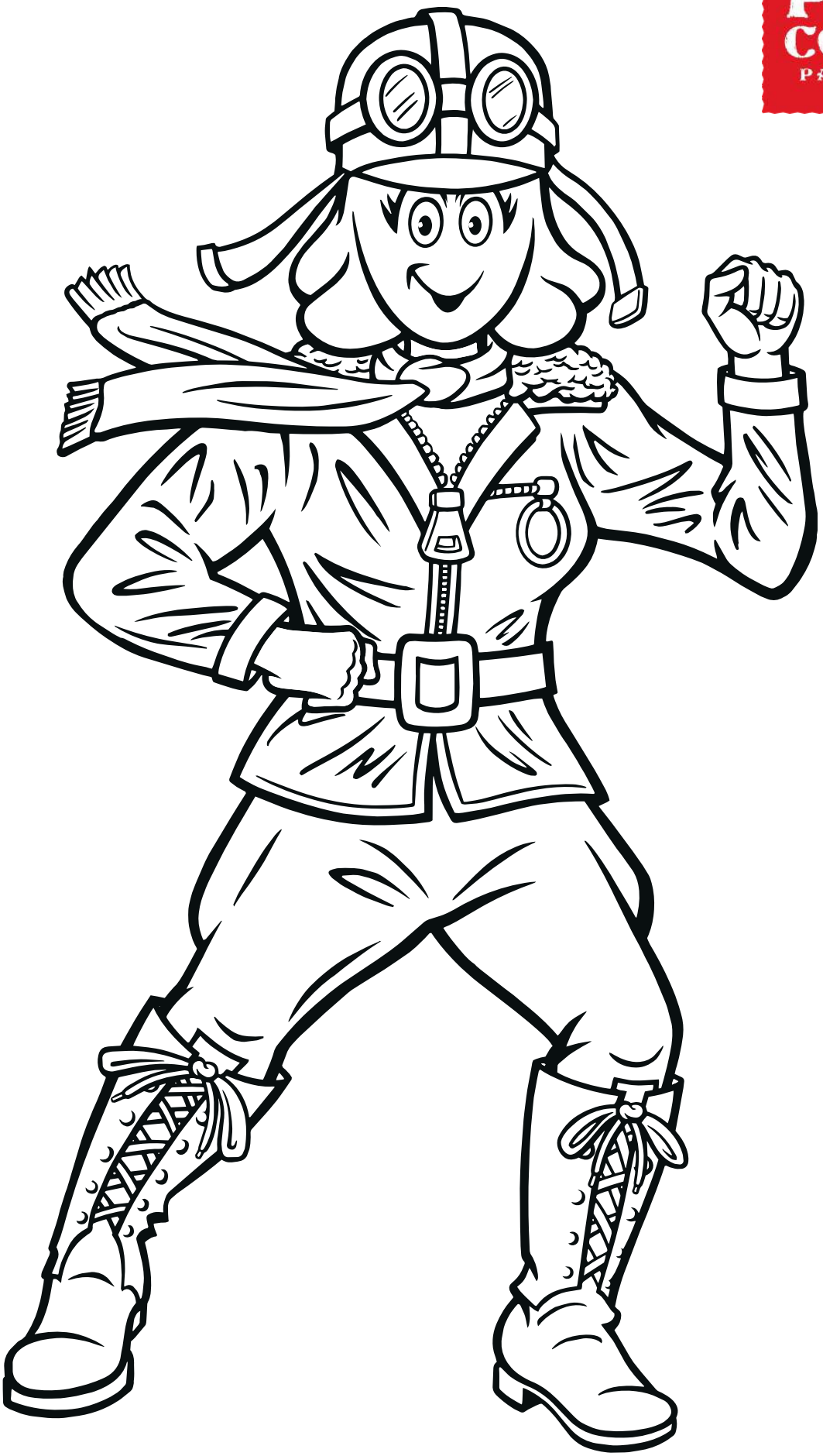
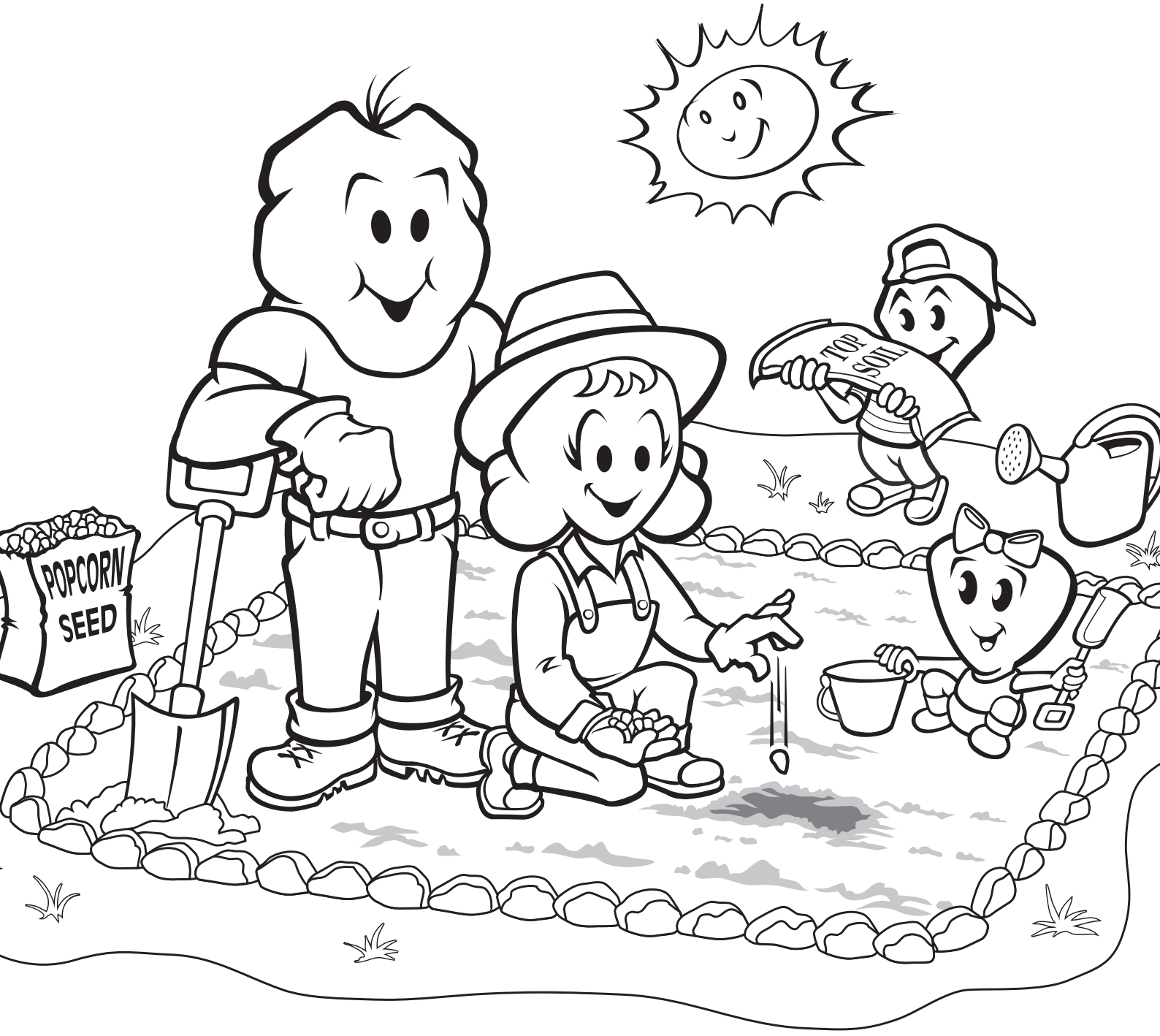
PASSION



FROM SEED TO SNACK
POP CORN
PASSION

FROM SEED TO SNACK
POP CORN
PASSION

FROM SEED TO SNACK
POP CORN PASSION



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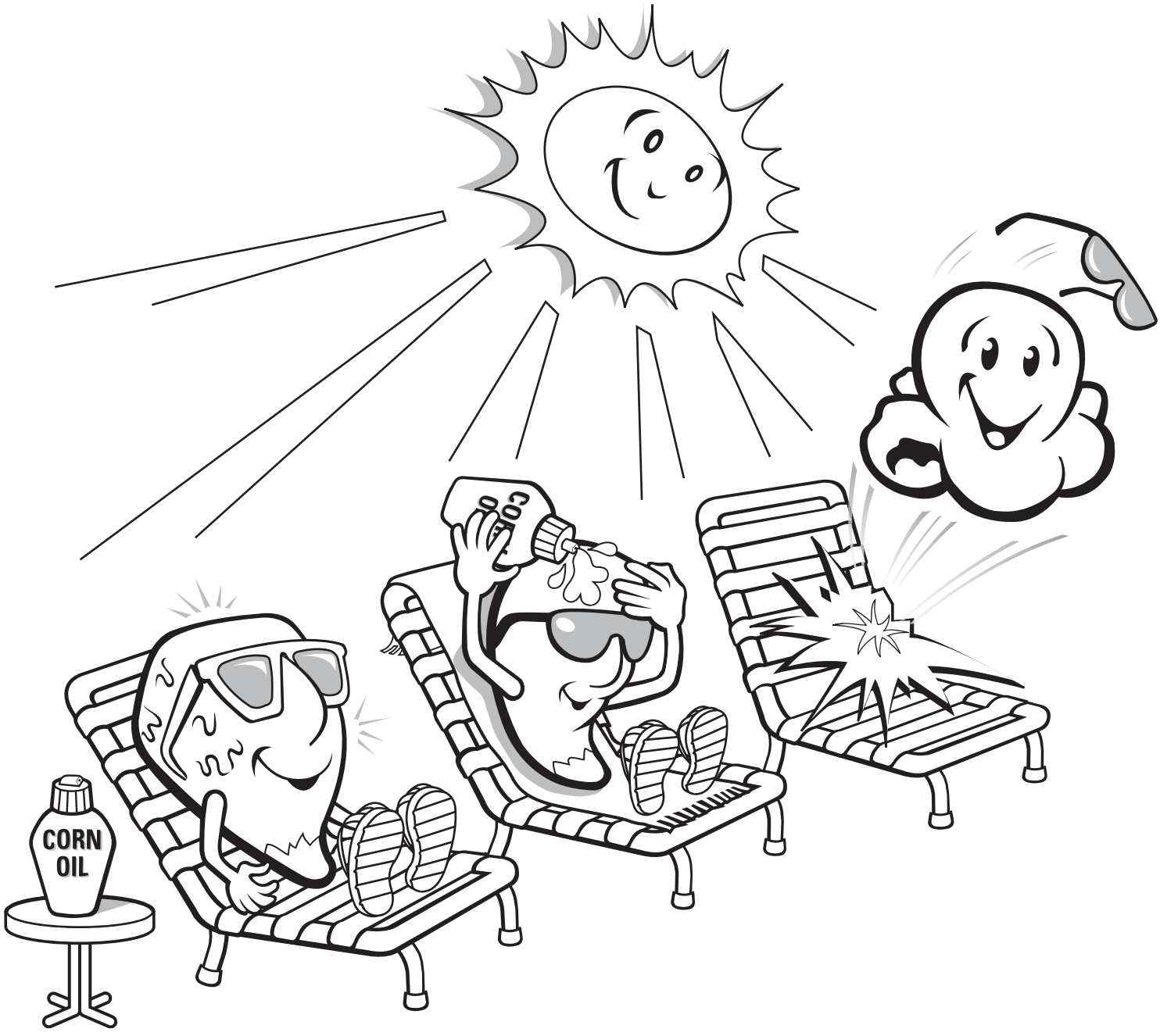

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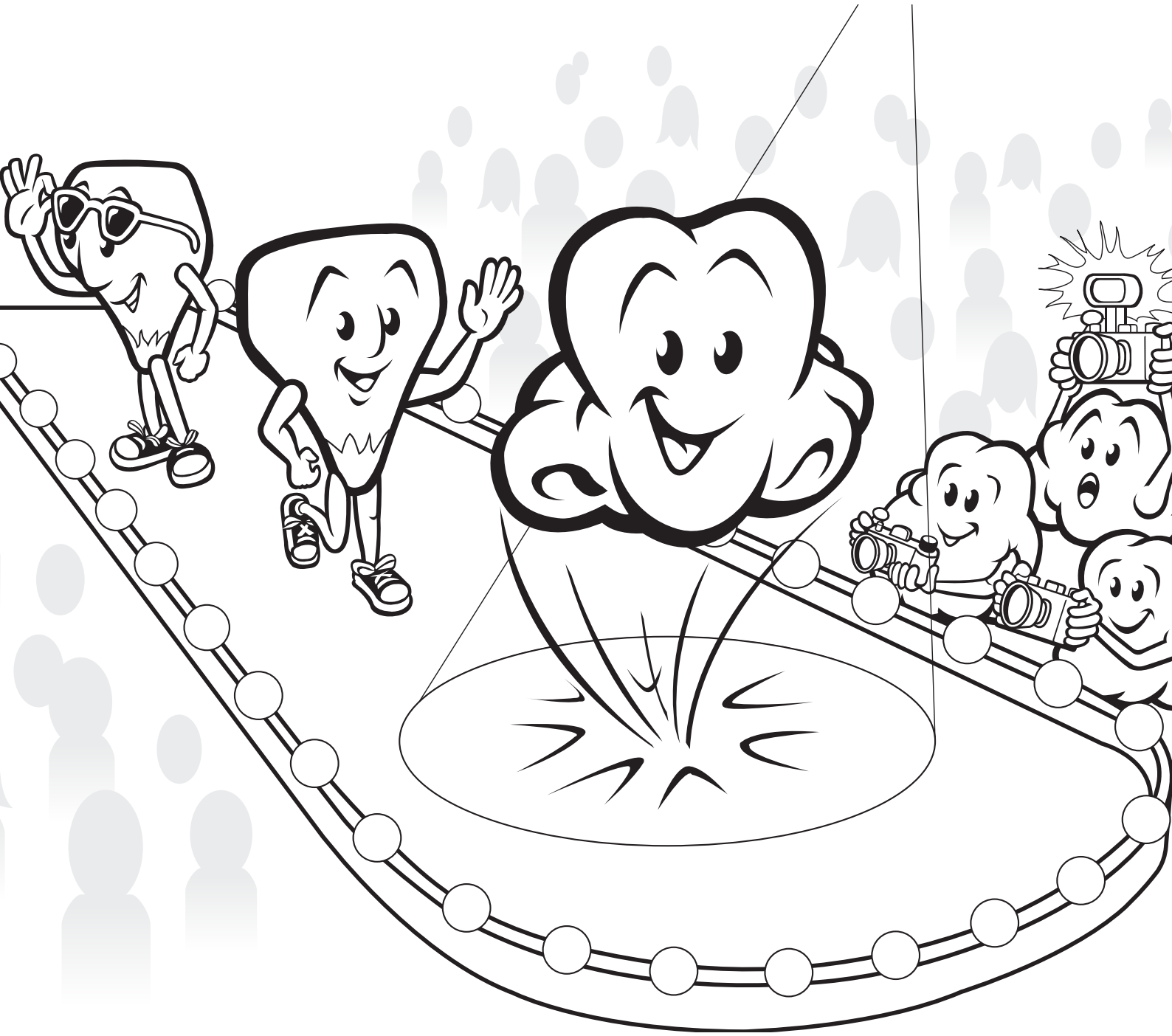
PASSION



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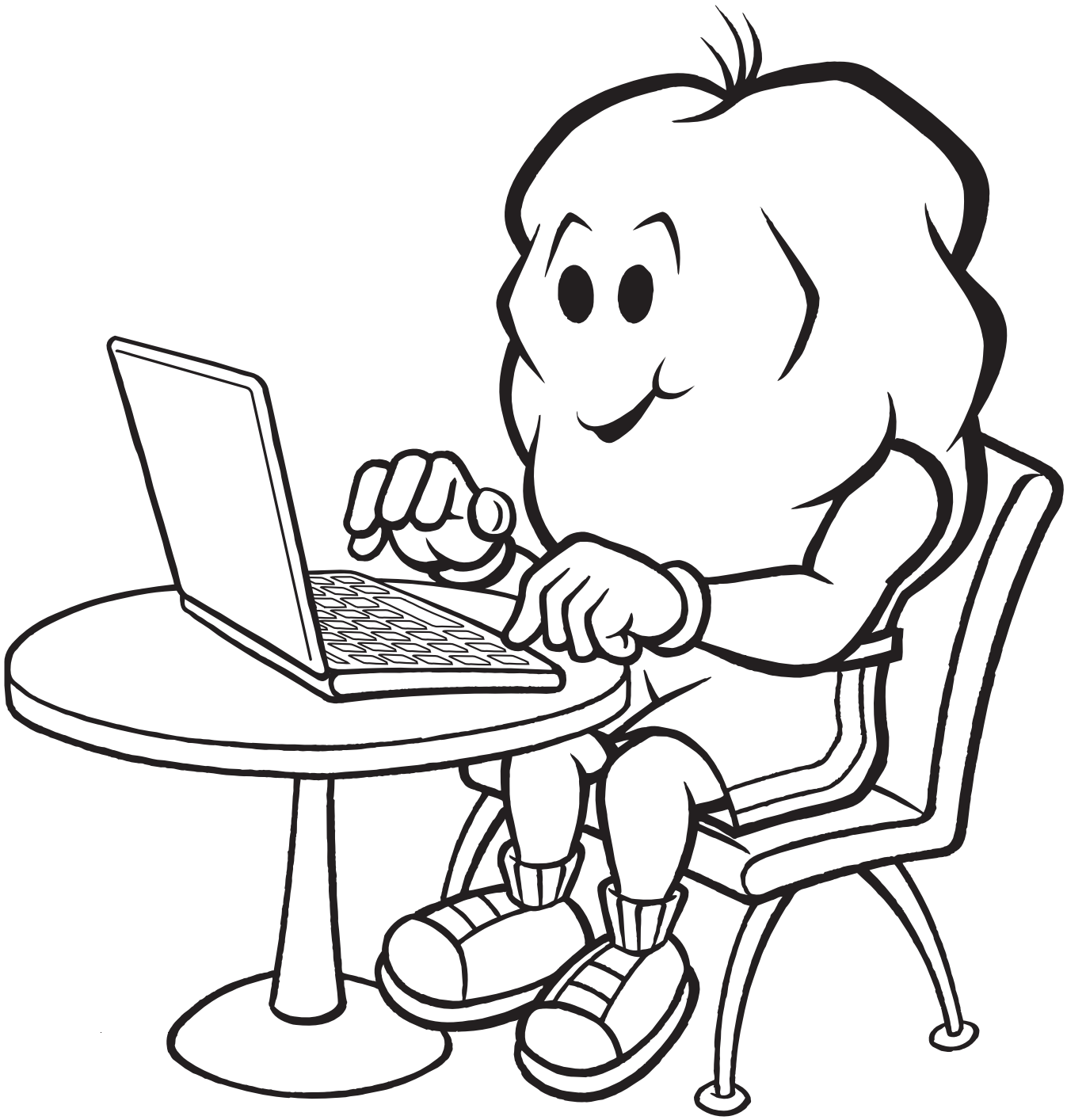

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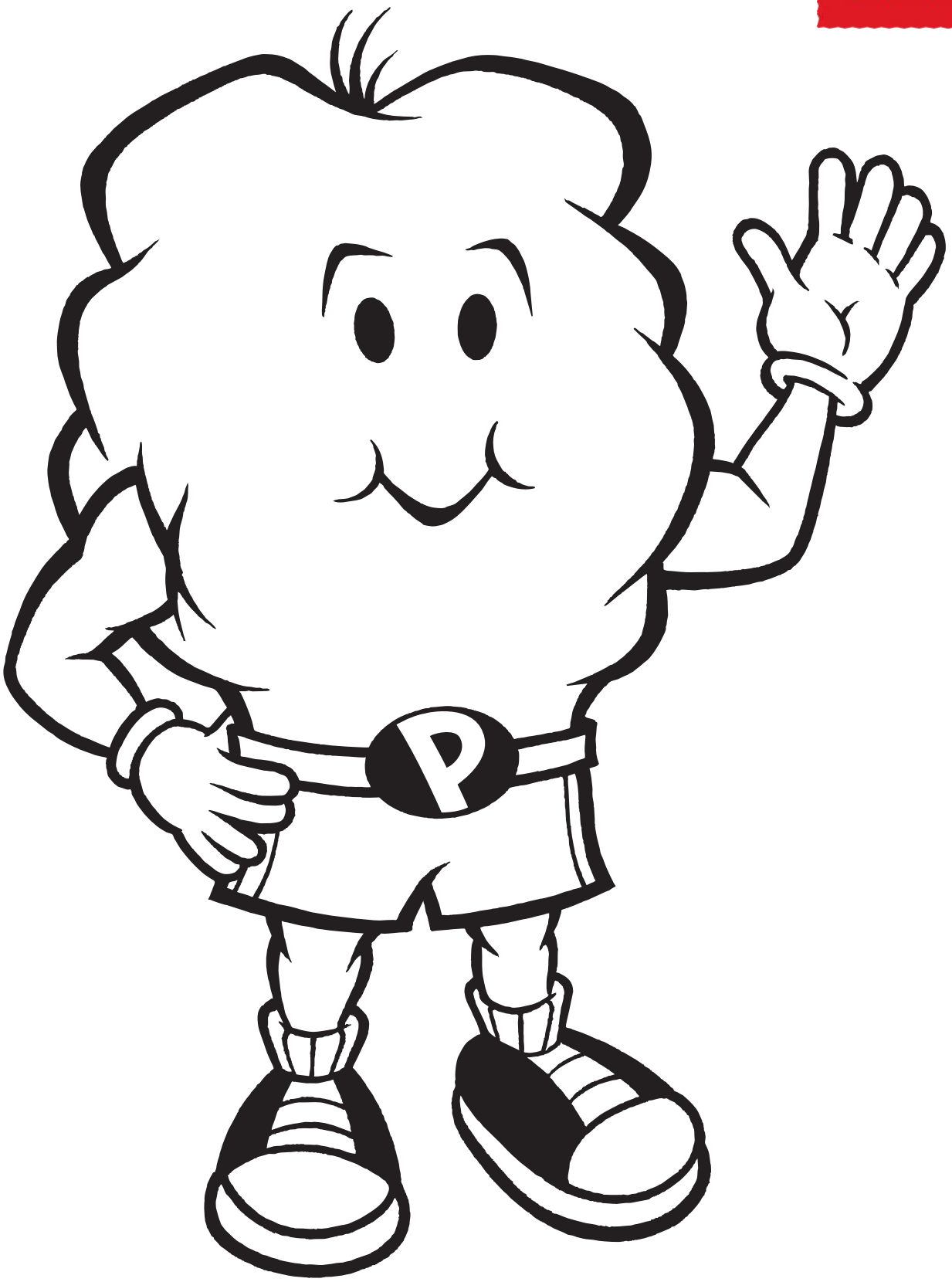
PASSION



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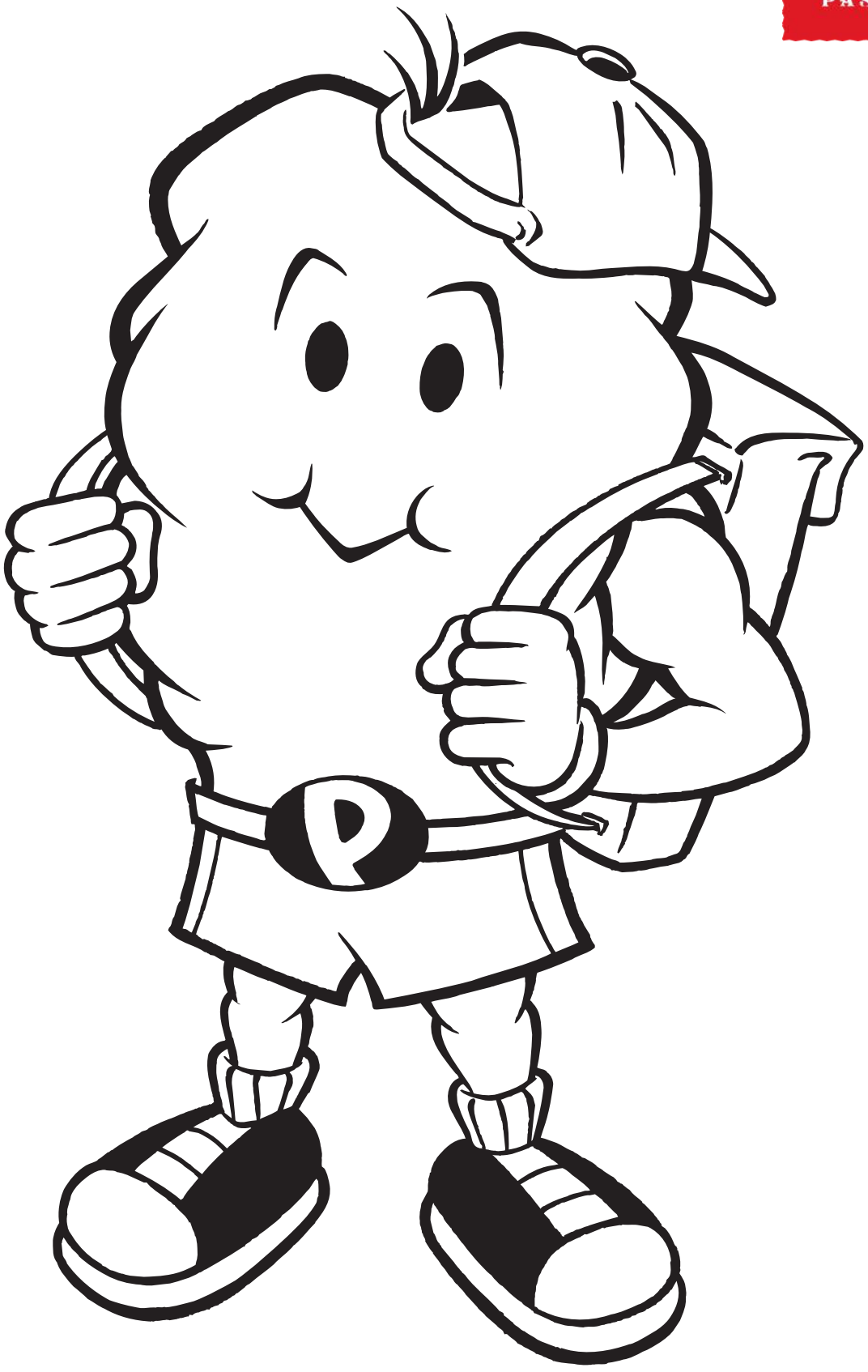
PASSION



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PASSION