

Corn

1. Why should we eat corn?

Corn is a source of carbohydrates, protein, vitamins, minerals, and fiber.

2. Corn provides *zeaxanthin* and *lutein*. What are these and what health benefits do they provide?

They are from the carotenoid family and are phytochemicals. They may help to promote heart health, healthy vision. Lutein is a cancer-fighter.

3. Corn can be classified into which three food groups?

Grain when mature, vegetable when immature, and each kernel is considered a fruit.

4. What is ATP and how does it work in our body?

The body requires thiamin to form adenosine triphosphate (ATP), which is used to produce energy in every cell of the body.

5. Is corn a monocot or a dicot? What is the difference?

Corn is a monocot; it has only one cotyledon.

6. How is corn pollinated?

A tassel grows at the top of each jointed cornstalk that contains hundreds of tiny flowers that produce pollen. As pollen falls from the tassel, it is carried by wind or gravity to the silks.

Sources:

<http://urbanext.illinois.edu/corn/guide.html>

<http://ohioline.osu.edu/agf-fact/0128.html>

http://www.rbg.ca/kids/vascular_pre2.html

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