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Chicago Public Schools

SENECA

LET'S LEARN ABOUT CORN!

The parts of an ear of corn:

Corn is maíz in Spanish.

JUICY
A LITTLE SWEET

CORN

FRESH
FUN TO EAT

CORN MADE BETTER

We have the tasty corn we eat today because of Native Americans. Using their knowledge of farming, they took an early relative of corn that was tough and only had a few kernels and cultivated it in their fields until it was bigger and easier to eat.

CHILI CORN SALAD

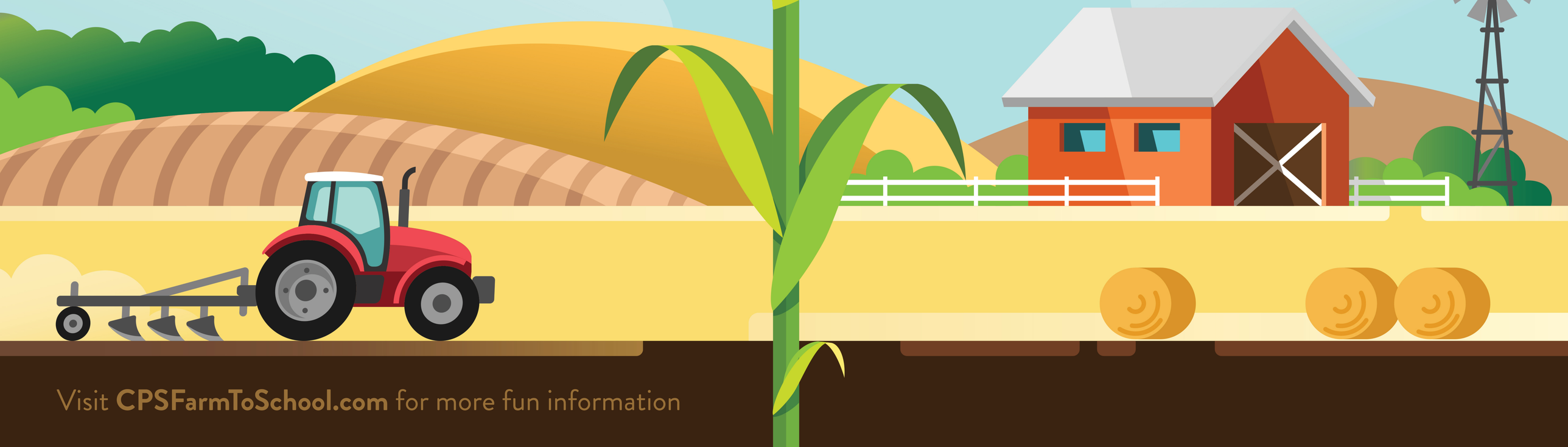
Get this delicious recipe at **CPSFarmToSchool.com/corn**

ILLINOIS ♥ CORN

In 2020, there were 11.3 million acres of land in Illinois that had corn growing on it. That's more than 75x larger than the entire city of Chicago!

CORN IS NUTRITIOUS

Corn provides essential nutrients like magnesium, B vitamins and vitamin C, making it beneficial for our eyes, skin, bones and heart. Corn can also give us energy and boost our immune system.



Visit **CPSFarmToSchool.com** for more fun information