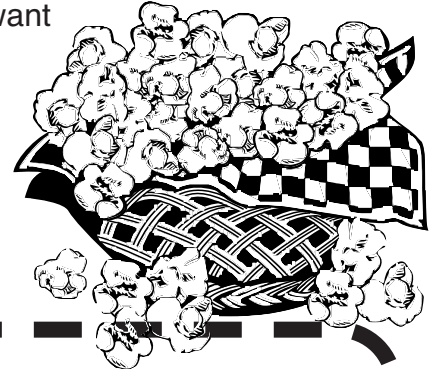


# What You Will Need

This curriculum is designed to adapt to whatever setting you are in. For this reason, we list a number of ways the activity might be accomplished, with a variety of techniques and supplies. Please pre-read the needed supply list, and include those your situation calls for.

Popcorn can be cooked in many different ways, and families will want to use the method most comfortable for them.

Standard hot-oil popcorn popper  
Hot air popcorn popper  
Stove top hot-oil method  
Microwave popcorn - bag or popper



## Serving supplies

Bowl

Paper napkins

Paper cups

Ingredients for recipe  
you select



## Equipment

**Standard hot-oil popcorn method:**

Popcorn  
Vegetable oil  
Popcorn popper and lid

**Hot air popcorn method:**

Popcorn  
Hot air popcorn popper

**Stove top hot-oil method:**

Popcorn  
Heavy pan or skillet with tight-fitting lid  
Vegetable oil  
(This method assumes there will be a stove or burner top for your use)

**Microwave popcorn - bag:**

Bag(s) of microwave popcorn  
(This method assumes there will be a microwave for your use)

**Microwave popcorn - popper:**

Popcorn  
Microwave-safe popcorn popper  
(This method assumes there will be a microwave for your use)

# Recipes

## Cheesy Popcorn

8 servings

Stir together:

- 1/4 c. reduced calorie margarine, melted
- 1/2 c. grated Parmesan cheese

Toss with 2 quarts air-popped popcorn

Nutrition Facts on back

## Taco Popcorn

8 servings

Stir together:

- 1/4 c. reduced calorie margarine, melted
- 2 t. dry taco seasoning mix

Toss with 2 quarts air-popped popcorn

Nutrition Facts on back

## Tex Mex Mix

8 servings

- Stir together:
- 2 t. chili powder
  - 2 t. paprika
  - 2 t. cumin
  - 1 c. shredded Monterey Jack cheese

Toss mixture with 2 quarts warmair-popped popcorn

Nutrition Facts on back

## Honey and Spice Popcorn

8 servings

Ingredients:

- 1 c. dry roasted peanuts
- 1/4 c. honey
- 3 T. reduced calorie margarine
- 1 t. finely shredded orange peel
- 1/4 t. cinnamon
- 2 quarts air-popped popcorn

Place popped corn and peanuts in large roasting pan. In a small saucepan, combine honey, margarine, orange peel and cinnamon. Heat and stir until blended. Pour over popcorn and nuts, tossing to coat. Bake at 300 degrees for 30 minutes, stirring every 10 minutes.



Source:

Exploring the Food Guide Pyramid with Professor Popcorn and Hooked on Health, Purdue University Cooperative Extension Service, 4-H EFNEP, 1996.



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