

WHY POPCORN POPS?

A tiny kernel. A huge reaction!

THE KERNEL: NATURE'S PACKAGE



- **HARD SHELL**
Keeps everything inside.
- **STARCH CORE**
Provides the food (energy).
- **WATER**
Turns to steam when heated.



HOW IT POPS

1 HEAT BUILDS UP



Heat makes the water inside the kernel turn into steam.

2 PRESSURE BUILDS



Steam pressure builds up, up, up inside the hard shell.

3 THE SHELL BURSTS



The pressure gets too strong and the shell explodes open!

4 INSTANT EXPANSION



The steam escapes and the starch turns to fluffy popcorn.

DID YOU KNOW?



Popcorn is a **whole grain**, high in fiber and a healthy snack!



EVERY POP IS SCIENCE IN ACTION!