

INGREDIENTS

Popcorn kernels
olive oil
salt
butter (optional)

INSTRUCTIONS

1. Drizzle olive oil in the bottom of a large pot until there is a thin layer covering the bottom of the pot.
2. Add two kernels and heat the oil and kernels over medium heat. Make sure the lid is on the pot. Wait until both kernels have popped.
3. Once both kernels have popped pour in a layer of kernels to cover the bottom of the pot. Take the pot off the heat and let it sit for one minute.
4. After the kernels have sat for one minute in the oil place pot back on medium heat and wait for kernels to begin popping.
5. Shake the kernels around occasionally while they pop. Prop lid slightly as the popcorn pops to prevent burning.
6. Remove from heat once the pops are about 2 seconds apart.
7. If you would like, add salt and melted butter to your popcorn. Enjoy!



HOMEMADE *Popcorn*

It's time to put our senses to good use with a homemade popcorn recipe. Be sure to make this **with** your kids. As you cook together talk about each of the five senses that you are using at that moment. When you pour the oil and popcorn in the pot talk about what you are **seeing**. When the popcorn begins to pop discuss what you are **hearing** and **smelling**. Compare what the popcorn looked like before it popped to how it **looks** after it gets hot. Allow your kids to **feel** the difference between the kernels and the popped popcorn and describe the different look and texture of both. Then **taste** the final result. Have fun with this discussion!