

## The A to Z of corn

About 27% of farmland in the U.S. is used to grow corn. The National Corn Growers Association says that about 80% of the corn grown is fed to livestock, poultry or fish in the U.S. or overseas while about 12% is eaten directly (*e.g.*, corn chips and cereals) or indirectly (*e.g.*, high fructose corn syrup). Some is also used to make ethanol as a fuel additive.

1. Check the ingredients label for a few products either at home or at the grocery store to see if you can find corn-based ingredients. List each product (including the brand) next to the ingredient found in it. This list is not exhaustive.
2. In Food, Inc. the comment is made “If you go and look on the supermarket shelf, I’ll bet you 90 percent of [the products] would contain either a corn or soybean ingredient. And most of the time, it’ll contain both.”
  - a) Does this statement seem to be supported by your observations in this activity?
  - b) Why might it be a problem that the majority of our food is made mostly from just corn and soybeans - so that nearly everything we eat contains them?
3. **What are the pros and cons of growing so much corn in the US?**
4. Food labels actually do list corn-based ingredients, but not always in a recognizable way. How do you feel about ingredients being included in your diet without your knowledge?
5. If people are responsible for informing themselves about what is in their food, what would help them be more informed? If producers are responsible, what would be more effective ways for them to inform people?

**products containing the ingredient**

<b>ascorbic acid</b>	
<b>baking powder</b>	
<b>caramel</b>	
<b>cellulose</b>	
<b>citric acid</b>	
<b>corn flour</b>	
<b>corn oil</b>	
<b>cornstarch</b>	
<b>corn syrup</b>	
<b>dextrose</b>	
<b>diglycerides</b>	
<b>fructose</b>	
<b>fumaric acid</b>	
<b>gluten, corn</b>	
<b>HFCS</b>	
<b>invert sugar</b>	
<b>maltodextrin</b>	
<b>sorbitol</b>	
<b>starch</b>	
<b>sucrose</b>	
<b>xanthan gum</b>	
<b>xylitol</b>	
<b>zein</b>	
<b>other:</b>	