How much do you know about one of America’s oldest and most beloved snacks? Test your knowledge by taking our Popcorn Quiz. Pop up a fresh bowl for inspiration.

Fear not! There are no grades to be made here. This is pure and simple entertainment although you might just learn something about one of America’s oldest snacks. Pop up a fresh bowl for inspiration.

1. The average American eats how much popcorn each year?
   a. 51 cups
   b. 51 pints
   c. 51 quarts
   d. 51 gallons

2. “Zea Mays Everta” is what?
   a. The motto (in Latin) of Popcorn University meaning “Long Live Popcorn”
   b. Popcorn’s scientific name
   c. The name of the woman who discovered popcorn
   d. What Native Americans used to call popcorn

3. The world’s first mobile popcorn machine weighed 400 to 500 pounds and was often pulled by a…
   a. Young boy
   b. Large dog
   c. Tractor
   d. Circus elephant

4. Popcorn explodes when …
   a. The water inside is superheated and turns the starch to a gelatinized goop
   b. The gelatinized goop reaches about 347 degrees
   c. The pressure inside the kernel reaches about 135 pounds per square inch
   d. All of the above

5. Popcorn grows on a stalk, which has several WHAT growing on it?
   a. Eyes
   b. Ears
   c. Heads
   d. Arms

6. How big are popcorn kernels after they pop?
   a. 2–3 times the original size
   b. 10 times the original size
   c. 20 times the original size
   d. 35–40 times the original size

7. Long before the advent of the corn flake, Ella Kellogg ate popcorn ground with milk or cream for breakfast.
   a. True
   b. False

8. There are six types of corn:
   a. Popcorn, sweet, dent, flint, pod
   b. Popcorn, sweet, ground, field, Indian, dent
   c. Popcorn, sweet, dent, flint, flour, pod
   d. Popcorn, sweet, field, ground, flint, pod

9. Popcorn kernels need HOW MUCH moisture to pop?
   a. 10–12% water
   b. 13.5–14% water
   c. 18.5–20% water
   d. 20% water

10. If you dry kernels of sweet corn, they will pop just like popcorn when heated.
    a. True
    b. False

11. Popcorn is a…
    a. Carbohydrate
    b. Fiber source
    c. Whole grain
    d. All of the above

12. In 1945, an engineer named Percy Spencer used popcorn in his efforts to develop the:
    a. Television
    b. Popcorn popper
    c. Microwave oven
    d. Air freshener

13. Air-popped popcorn has how many calories per cup?
    a. 31 calories
    b. 41 calories
    c. 51 calories
    d. 61 calories

14. One of the earliest methods of popping popcorn involved:
    a. Wrapping kernels in layers of animal fat and placing in a clay pot over an open flame
    b. Placing kernels in a covered pot in the hot sun to warm for several hours
    c. Wrapping heated stones and kernels together in an animal skin
    d. Mixing unpopped kernels with extremely hot sand

15. When a popcorn kernel is heated, the hard outer surface acts like WHAT?
    a. Pressure Cooker
    b. Blender
    c. Microwave
    d. Food Processor

Answers

1. c (Americans eat 16 billion quarts per year, which comes out to approximately 51 quarts per man, woman and child.)
2. b
3. a
4. d
5. b
6. d (On average, popped popcorn takes up 37 times more room than unpopped popcorn. If you covered the state of Oregon with a layer of kernels and then popped them, it would cover the entire United States.)
7. a (Ella and her husband, John Harvey Kellogg, both thought popcorn was an “excellent” food and “easily digestible and to the highest degree wholesome, presenting the grain in its entirety, and hence superior to many denatured breakfast foods which are found in the market.”)
8. c (The three most common are dent/field, sweet, and popcorn. Flint, also known as Indian corn, and pod are commonly used as decoration.)
9. b (Without this amount, popcorn will not pop.)
10. b (The hull of sweet corn is too soft and would not withstand the pressure of being heated long enough to allow the corn to pop.)
11. d
12. c (After WWII, Spencer was looking for ways to use microwave technology. He supposedly had a chocolate candy bar in his pocket which melted during his experiments with microwaves. On a hunch, he took popcorn kernels, placed them in the microwaves, and watched them pop. The rest is history.)
13. a (Popcorn is low in fat and calories, contains no artificial colors, preservatives or added sugar. Even oil popped popcorn contains only 55 calories per cup.)
14. d (Supposedly, this method is still used in India today. Surprisingly, the sand doesn’t stick to the popcorn. A little shaking and it’s ready to eat.)
15. a (The popcorn kernel is tough enough to withstand the exact amount of pressure needed for the water inside each kernel to heat, expand and gelatinize the starch. At the just right moment, the hull finally bursts open, the gelatinized starch spills out and immediately cools into the familiar shape.)