

STUDENT WORKSHEETS



WORKSHEET 1: SWEET CORN: FACT OR FICTION?

Name: _____

TASK 1

NUTRITION COMPARISON

Review and compare the nutritional data for fresh sweet corn and canned sweet corn using the table below.

Nutrient	Fresh Sweet Corn (per 100g)	Canned Sweet Corn (per 100g)	Key Difference
Kilojoules	359kj	280kj	Fresh has slightly more kilojoules.
Sugar	3.2g	4.5g	Canned has more sugar.
Fibre	2.7g	2g	Fresh has more fibre.
Sodium	15mg	336mg	Canned has much higher sodium.
Vitamin C	11%DV	3%DV	Fresh has significantly more vitamin C.

1. Based on the data which is healthier overall? Explain your answer.



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TASK 2

MEDIA HYPE ANALYSIS		
1. Read the following media claims and determine if they are Fact (F) or Fiction (X). Justify your answer.		
MEDIA CLAIM	FACT OR FICTION	JUSTIFICATION
Sweet corn is just as sugary as chocolate bars!		
Canned corn is just as nutritious as fresh corn.		
Supersweet corn (sh2) is genetically modified and unhealthy.		
2. A company markets canned corn as 'farm-fresh and sustainable'. Why might this be misleading?		



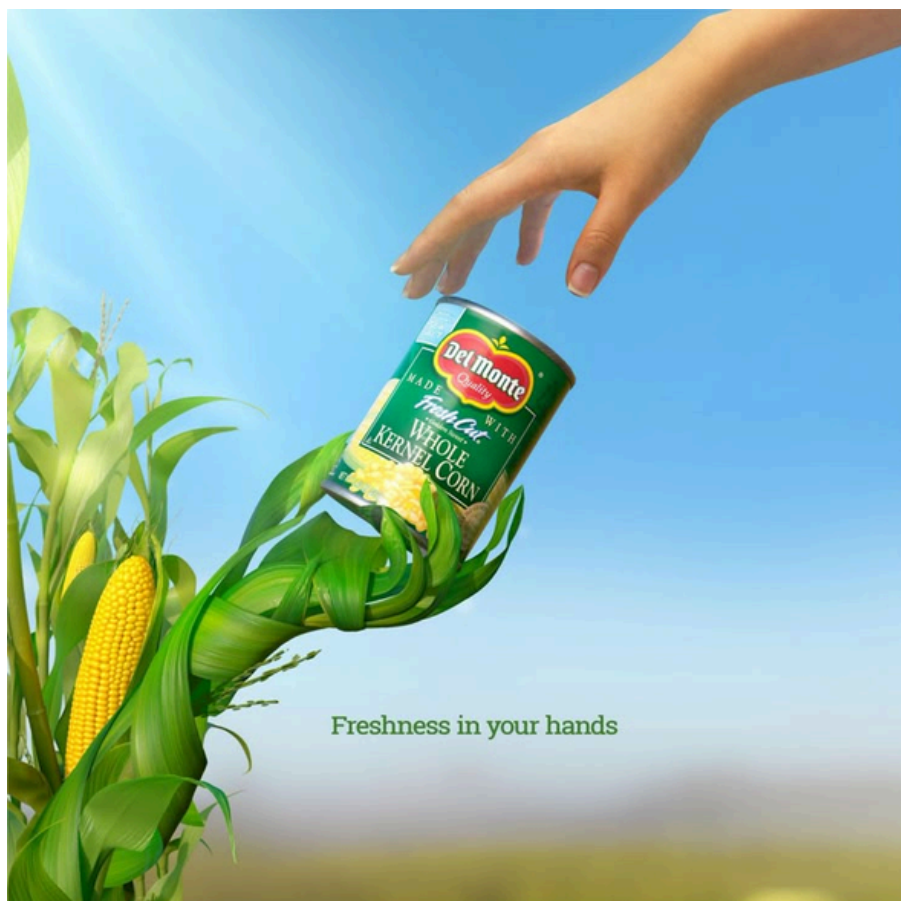
WORKSHEET 2: DESIGNING A HEALTHY PLATE CAMPAIGN

Each group's task is to create a campaign that encourages the inclusion of sweet corn in a healthy diet.

Group names:

Campaign Title and Slogan
Target Audience
Nutritional Benefits
Sustainability Practices
Myth-Busting Facts
Campaign Medium and Key Messages

APPENDIX 1: MEDIA EXAMPLES



Images from Ads of the World. (Clio Awards, 2025)