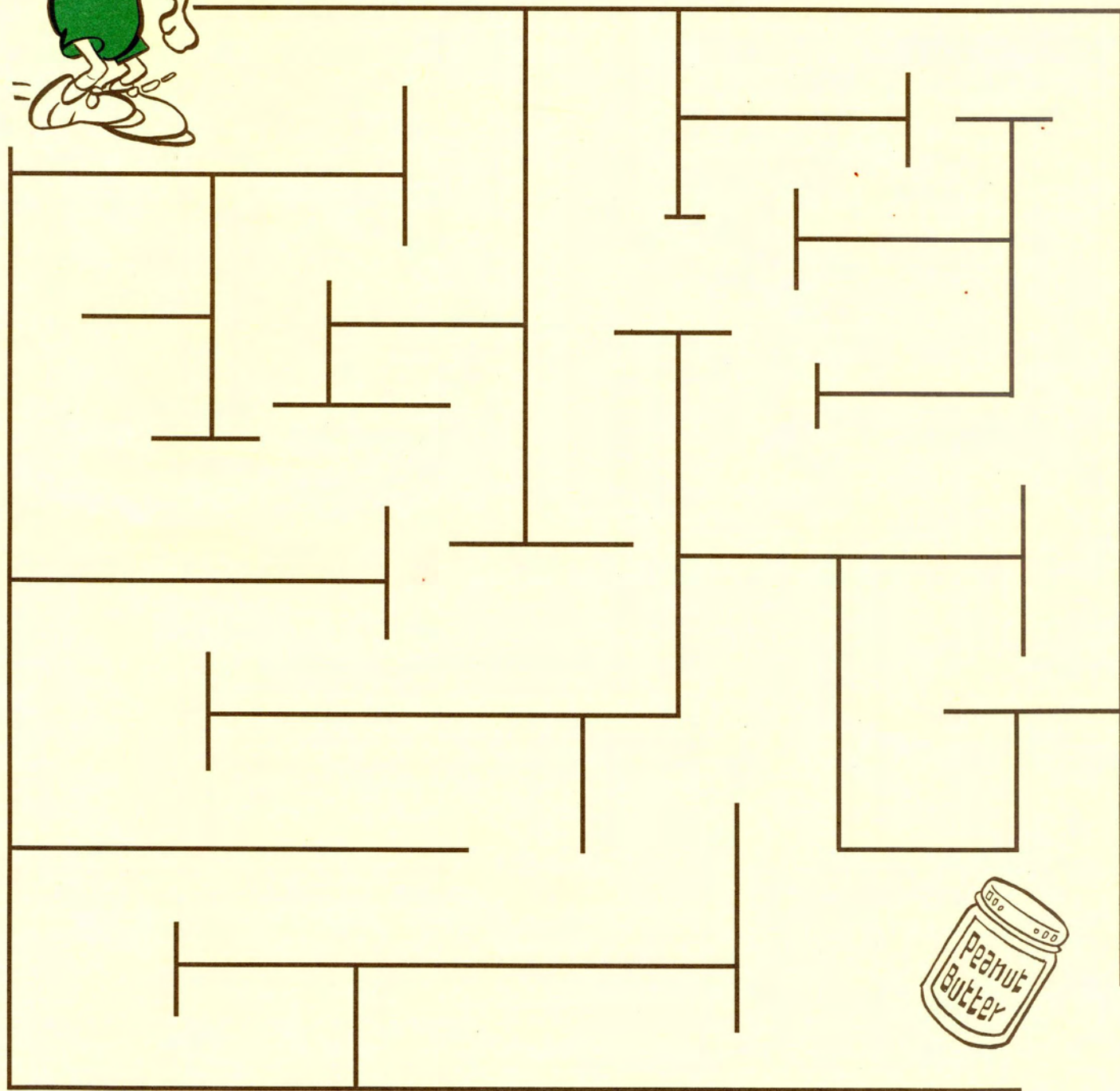


# All about Peanuts & Peanut Butter!

## A Teacher's Kit for Grades K-2



Peanut Butter is *Amazing!*

# CELEBRATE PEANUTS & PEANUT BUTTER ALL YEAR LONG!

## New Year's Day

New Year's Day is celebrated on the first day of January and is believed to have begun around 3000 B.C. Originally, the celebration was begun by the ancient Babylonians and was called Zakmuk. It lasted for twelve days. Later, Julius Caesar changed the celebration to a single day which was January 1. The English custom of New Year's Day has been celebrated on January 1 since 1752. Generally, New Year's Day is observed as a public holiday throughout the United States.

### Make a New Year's Noise Maker!

#### Materials:

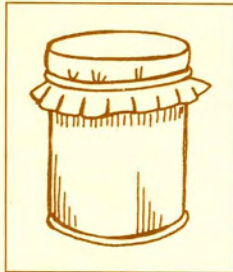
Cardboard Circle  
Pattern  
Brightly Colored Fabric  
Tin Can  
In-shell Peanuts  
Rubber Band

- Prepare a cardboard circle for students to trace.

- Have students trace the pattern onto the fabric and cut it out.

- Have students fill can half full with peanuts.

- Assist students with placing fabric on top of can and sealing it with a rubber band.



## Valentine's Day

Valentine's Day is celebrated on February 14 and was begun in honor of Saint Valentine, a Roman priest, after he was killed on February 14, 271 A.D. Saint Valentine was regarded as the patron saint of lovers, thus it began as a lover's feast. Invitations to the feast or "valentines" were sent by those hosting it, thus began the custom of sending valentines, and its association with affection and love.

### Make an "I'm Nuts About You" Card!

#### Materials:

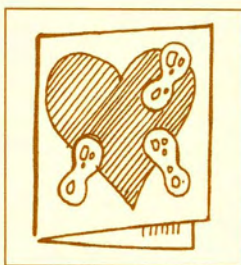
Paper  
Crayons and Markers  
Glue  
In-shell Peanuts

- Make a nutty card pattern and copy it.

- Have students fold paper in half to make the card.

- Have students decorate the card as they choose in a "nutty" theme.

- Have students glue in-shell peanuts on card.



## National Peanut Month

March has been designated as National Peanut Month to pay tribute to America's great peanut industry. It's a time for people across America to celebrate one of the most nutritional commodities in American agriculture. So enjoy it by helping us spread the word about peanut butter, peanuts, and peanut products.

#### Materials:

Activity Sheet Available  
at [www.gapeanuts.com](http://www.gapeanuts.com)  
Crayons and Markers

- Download activity sheet and distribute it to your students.

- Send decorated activity sheet home to parents announcing the celebration.

- Have students enjoy their peanut treat at snack time.



## Mother's Day

Mother's Day is celebrated on the second Sunday in May and was begun in honor of motherhood and the home. Miss Anna Jarvis of Philadelphia, Pennsylvania, is given credit for originating the idea in 1910. Several cities in Pennsylvania celebrated the holiday to begin with. In 1914 Congress authorized President Woodrow Wilson to designate by annual proclamation the second Sunday in May as Mother's Day.

### Make a Peanut Gift Bag!

#### Materials:

Heart-shaped Gift Tag Pattern  
Hole Punch  
Scissors  
Ribbon  
Cardboard  
Circle Pattern  
Brightly Colored  
Fabric  
Peanut Butter  
Marshmallow Creme  
Graham Crackers

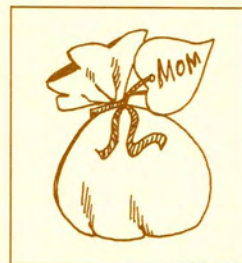
- Prepare a heart-shaped gift tag pattern and have students sign, color, hole punch, and cut it out.

- Thread gift tag on ribbon until tag is in the middle. Set aside.

- Have students make "mini sandwiches" out of peanut butter, marshmallow creme, and graham crackers.

- Have students stack their treats in the center of the fabric.

- Assist students in gathering the fabric and tying it with the ribbon.



## Father's Day

Father's Day is celebrated on the third Sunday in June and was begun in honor of fatherhood and the home. Mrs. John Bruce Dodd of Spokane, Washington, is given credit for originating the idea in 1910. In 1914 Congress authorized President Woodrow Wilson to designate by annual proclamation the third Sunday in June as Father's Day.

### Make a Tasty Treat!

#### Materials:

Paper Bags  
Crayons and Markers  
Apples, Cored  
Plastic Spoons  
Peanut Butter  
Peanut Granules  
Plastic Wrap  
Spoon

- Have students decorate paper bags with a Father's Day theme.

- Assist students with filling the cored apple with peanut butter.

- Assist students with "dipping" each end of the cored apple in peanut granules to "seal."

- Have students cover their apple with plastic wrap and place in decorated bag.



## Independence Day

Independence Day is celebrated on the fourth day of July and was begun to honor America's independence from England. It commemorates the adoption of the Declaration of Independence by the Continental Congress on July 4, 1776. The Fourth of July is a legal holiday throughout the United States.

### Make the U.S. Flag!

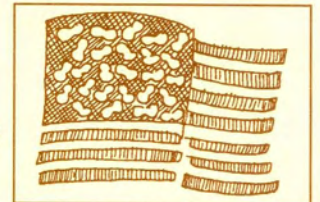
#### Materials:

Flag Pattern  
Scissors  
Crayons and  
Markers  
In-shell Peanuts  
White Paint  
Brushes  
Glue

- Prepare a flag pattern and have children color it and cut it out.

- Have students paint in-shell peanuts white.

- Have students glue peanuts on flag in place of stars.



Continued on Inside Back Cover...

# All About Peanuts & Peanut Butter!

## SOCIAL STUDIES & GEOGRAPHY

*Social Studies & Geography Lesson  
Teacher's Guide/Activity Sheets 1 & 2*

### The History of the Peanut

The peanut plant probably originated in Brazil or Peru, although no fossil records exist to prove this. Peanuts were grown as far north as Mexico by the time the Spanish began their exploration of the New World. The explorers took peanuts back to Spain, where they are still grown today. From Spain, traders and explorers took peanuts to Africa and Asia. Africans were the first people to introduce peanuts to North America. Eventually, peanuts were planted throughout the Southern United States. Today, peanuts are one of America's favorite foods.

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#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

*Yes or No*

- The peanut plant probably originated in Brazil or Peru.
- Spanish explorers took peanuts to Spain.
- From Spain, traders and explorers took peanuts to China.
- Peanuts are one of America's favorite foods.
- Peanuts arrived in North America with the Pilgrims.

#### Teacher/Student Activities:

- Starting with Brazil and Peru and ending with America, highlight the order of the peanut's journey.
- Assist students in finding Brazil, Peru, Mexico, Spain, Africa, Asia, and the United States on a world map.
- Plot the journey of the peanut from Brazil and Peru to America in order on a world map.

#### Parent/Child Activity:

- Using an encyclopedia, have students work with parents to find one of the countries on the peanut's journey and find a distinctive characteristic about the country and illustrate it.

## SOCIAL STUDIES & GEOGRAPHY

*Social Studies & Geography Lesson  
Teacher's Guide/Activity Sheets 1 & 2*

### Where in the U.S. Do Peanuts Grow?

In the United States today, ten states grow most of the peanut crop. Georgia grows nearly half of all the peanuts grown in the United States, followed by Texas, Alabama, Florida, North Carolina, South Carolina, Mississippi, Virginia, Oklahoma and New Mexico. The peanut producing states are grouped into three regions. The Southeast region (Georgia, Florida, Alabama and Mississippi) grows mostly the medium-kernel Runner peanuts. The Southwest region (Texas, Oklahoma and New Mexico) grows Spanish and Runner. The Virginia-Carolina region (Virginia, North Carolina and South Carolina) grows mostly the large-kernel Virginia peanut. Nearly 72 percent of all the peanuts grown in the United States are grown in the Southeast region, about 11 percent are grown in the Southwest region and the remaining 16 percent are grown in the Virginia-Carolina region.

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#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

- Do we live in a peanut-growing state?
- Which state grows the most peanuts?
- How many major peanut-growing states are there?
- What are the three peanut-growing regions?
- Which region grows the most peanuts?

#### Teacher/Student Activities:

- Locate the ten peanut-producing states on a map.
- Identify the three peanut-growing regions on a map.
- Have students find the capital of each peanut-growing state.

#### Parent/Child Activity:

- Using a U.S. map, have students work with parents to find ten other states not already mentioned above and list a food that might grow in each of them.

# All About Peanuts & Peanut Butter!

## SOCIAL STUDIES & GEOGRAPHY

*Social Studies & Geography Lesson  
Teacher's Guide/Activity Sheets 1 & 2*

### The History of Peanut Butter

There is evidence that ancient South American Inca Indians were the first to grind peanuts to make peanut butter and that Dr. John Harvey Kellogg (of cereal fame) invented a version of peanut butter in 1895. A St. Louis physician may have developed a version of peanut butter as a protein substitute for his older patients who had poor teeth and could not chew meat. Peanut butter was first introduced at the Universal Exposition (World's Fair of 1904) in St. Louis, Missouri.

---

#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

*Yes or No*

- North American Indians were the first to grind peanuts to make peanut butter.
- Dr. John Harvey Kellogg was a candy maker.
- Peanut butter was first sold at a baseball game.
- Peanut butter is a type of cereal.
- Peanut butter does not contain protein.

#### Teacher/Student Activities:

- Ask students what they can do to avoid developing poor teeth.
- Have students name at least three things they might see at a fair.
- Use activity sheet #9 provided to make peanut butter.

#### Parent/Child Activity:

- Have students work with parents to locate St. Louis on a map.

## LANGUAGE ARTS

*Language Arts Lesson  
Teacher's Guide/Activity Sheets 3 & 4*

### The No-Nut Peanut

Many are surprised to discover that the peanut is actually not a nut at all. In fact, it is a legume and belongs to the pea family. The peanut probably has been given more names throughout history than any other food. Some nutty names given to the peanut include: goober, groundnut, monkey nut, earthnut and ground pea, just to name a few. Today in Spain, the peanut is called Mani, pronounced *my-knee*. In Greece, the peanut is called Fystiki, pronounced *fee-stee-kee*. In France, the peanut is called Cacahuete, pronounced *ka-ka-wet*. In Germany, the peanut is called Erdnuss, pronounced *aird-noose*. And in Russia, the peanut is called Zemlyanoy Grek, pronounced *zem-ya-noy arek*.

---

#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

- Is the peanut really a nut or is it a legume?
- Name at least two other names for the peanut.
- How do you say peanut in Spanish?
- How do you say peanut in Greek?
- How do you say peanut in French?

#### Teacher/Student Activities:

- Teach students to say peanut in all five languages. Turn the peanut names into a simple song or chant to help them remember.
- Have the class work together to develop their own name for the peanut.
- Have students locate Spain, Greece, France, Germany, and Russia on a world map.

#### Parent/Child Activity:

- Have students work with parents to find three other types of legumes.

# All About Peanuts & Peanut Butter!

## LANGUAGE ARTS

*Language Arts Lesson*

*Teacher's Guide/Activity Sheets 3 & 4*

### The Four Basic Types of Peanuts

Although peanuts come in many varieties, there are four basic types grown in the United States today. They are: Runner, Spanish, Valencia and Virginia. Each type is unique in size, shape and flavor. Runner peanuts are known for their uniform kernel size. Sixty-two percent of the Runner peanuts grown in the United States today are used to make peanut butter. Runner peanuts are mainly grown in Alabama, Florida, Georgia, Mississippi, Oklahoma and Texas. Spanish peanuts have the smallest kernels of the four types and are covered by a distinctive reddish-brown skin. They are primarily used to make peanut candies. Spanish peanuts also have a higher oil content than the other three types, making them a good choice for making peanut oil. Spanish peanuts are mostly grown in Oklahoma and Texas. Valencia peanuts are known for having three or more kernels to a pod and for their bright red skin. They are the sweetest of the four types. Valencia peanuts are mainly roasted and sold in-shell or boiled. They are grown mainly in New Mexico. Virginia peanuts have the largest kernels of the four types. They are mainly roasted and sold both in-the-shell and out-of-the-shell. Virginia peanuts are grown mainly in North Carolina, South Carolina and Virginia.

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#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

- What are the four types of peanuts?
- What is unique about each type of peanut?
- What type of peanuts are used mainly to make peanut butter?
- What type of peanuts are used mainly to make candy?
- What type of peanuts are grown mainly in New Mexico?

#### Teacher/Student Activities:

- Bring in one or two types of peanuts for students to see and taste.
- Show students several products containing peanuts and ask them to guess what type of peanuts are used to make it.
- Have students shell a peanut to see the inside.

#### Parent/Child Activity:

- Have students work with parents to find a food item at home that contains peanut oil.

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## MATH

*Math Lesson*

*Teacher's Guide/Activity Sheets 5 & 6*

### Approximating: Weights & Measures

It takes approximately 20 candy-coated peanuts to fill a small bag of candy. That same amount weighs approximately 50 grams. It also equals approximately 3 tablespoons as well as 1/4 cup.

It takes approximately how many *in-shell* peanuts laid end-to-end to equal one foot? That same amount equals approximately 12 inches. Have students guess how many and then measure.

It takes approximately how many *shelled* peanuts laid end-to-end to equal one foot? That same amount equals approximately 12 inches. Have students guess how many and then measure.

---

#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

# All About Peanuts & Peanut Butter!

## SCIENCE

*Science Lesson*

*Teacher's Guide/Activity Sheets 7 & 8*

### How the Peanut Plant Grows

Unlike other nuts, peanuts do not grow on trees. The peanut is unusual because it grows on a plant which flowers above the soil but fruits below it. A farmer usually plants his peanuts in April or May. Once planted, peanut seeds grow into a green, oval-shaped-leaf plant which reaches about 18 inches in height when fully mature. Small yellow flowers appear in the lower part of the plant as it begins to grow. These flowers pollinate themselves and then lose their petals as the fertilized ovary begins to enlarge. The enlarged ovary, called the peg, grows down and away from the plant forming a small stem which extends to the soil. The peanut embryo is the tip of the peg, which penetrates the soil. The embryo begins to develop once underground, growing into a peanut. From planting to harvesting, the growing cycle of a peanut takes four to five months.

---

#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

#### Discussion Questions:

*Yes or No*

- Peanuts grow on trees.
- The peanut plant flowers above the ground but fruits below the soil.
- A peanut plant has square-shaped leaves.
- Peanut flowers are red.
- The growing cycle of a peanut takes four to five months.

#### Teacher/Student Activity:

- Have students plant a peanut. Use the directions provided below.

*Materials:*

**Raw, unroasted, shelled peanuts**  
**Flower pot or container with drainage hole**  
**Sandy or sandy loam soil**

- Soak peanuts overnight.
- Fill pot with soil to one inch below the rim.

- Plant three peanuts 1 to 1 1/2 inches deep and cover firmly with soil but do not pack.
- Keep soil moist, but not wet.
- Maintain a temperature of 65 degrees or above.
- Peanuts should sprout in about five to eight days. Continue to keep the plant in a warm room and exposed to direct sunlight as much as possible.
- The peanut plant will begin to flower within 45-50 days after sprouting.
- The plant will actually produce peanuts between 125-150 days.

#### Parent/Child Activity:

- Have students work with parents to find their exact height and weight in four and five months.

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## SCIENCE

*Science Lesson*

*Teacher's Guide/Activity Sheets 7 & 8*

### The Father of the Peanut

George Washington Carver began his research into peanuts in 1903 at Tuskegee Institute in Alabama. The talented botanist recognized the value of peanuts as a cash crop and proposed that peanuts be planted as a rotation crop in farmers' fields. This procedure was especially valuable in the Southeastern cotton growing areas when boll weevils threatened cotton crops. Farmers across the region listened to the great scientist and peanut production flourished. Additional research into the peanut helped Carver to discover more than 300 uses for the peanut, including shaving cream, leather dye, coffee, ink, shoe polish and more. For his work in promoting the peanut and its cultivation, George Washington Carver is today respectfully known as the father of the peanut industry.

---

#### Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

# All About Peanuts & Peanut Butter!

## Discussion Questions:

- Where did Carver study the peanut?
- What is the name of the insect that threatened the cotton crop?
- About how many uses for the peanut did Carver find?
- Name something Carver made from peanuts.
- Why is Carver considered the father of the peanut industry?

## Teacher/Student Activity:

- Have students research Carver in an encyclopedia and find a picture of him.
- Have students make a picture using cotton as an element in it.
- Have students look up a boll weevil in the encyclopedia and draw a picture of it.

## Parent/Child Activity:

- Have students work with parents to research what a botanist is and learn three things that they do.

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## HEALTH & NUTRITION

*Health & Nutrition Lesson*

*Teacher's Guide/Activity Sheets 9, 10 & 11*

### Protein Lesson

Peanuts contain an incredible 26 percent protein and provide 12 percent of the Recommended Daily Allowance per serving. One ounce of peanuts or two tablespoons of peanut butter make up one serving. A peanut butter sandwich, an orange and glass of milk make a balanced meal. Protein is a valuable source of energy. Peanuts contain 6 essential vitamins including Vitamin E, folate, riboflavin, thiamin, niacin and Vitamin B6. Vitamins are necessary to maintain good health and a strong immune system. Peanuts also contain 7 essential minerals including phosphorus, iron, magnesium, potassium, zinc, copper and calcium. Minerals are necessary for cell growth within the body. Peanuts are cholesterol free and low in saturated fat. For all these good reasons, peanuts are often referred to as nutrition in a nutshell.

---

## Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

## Discussion Questions:

- Peanuts contain what percent protein?
- What are vitamins necessary for?
- What are minerals necessary for?
- Do peanuts have cholesterol?
- Are peanuts high in saturated fat?

## Teacher/Student Activity:

- Have students find protein on a peanut butter nutrition label.
- Have students find a vitamin on a nutrition label.
- Have students find a mineral on a nutrition label.

## Parent/Child Activity:

- Have students work with parents to locate and clip the nutrition label from one of their favorite foods and see if it contains protein.
- 

## HEALTH & NUTRITION

*Health & Nutrition Lesson*

*Teacher's Guide/Activity Sheets 9, 10 & 11*

### Peanuts & The Food Guide Pyramid

The United States Department of Agriculture developed the MyPyramid to assist Americans of all ages in making healthful food choices. There are five food groups in the MyPyramid including the Milk Group; the Vegetable Group; the Grain Group; the Fruit Group; and the Meat & Beans Group. Peanuts and peanut butter fit into the Meat & Beans Group. For a 2,000 calorie diet, a person needs to eat 5 1/2 ounces every day from the Meat & Beans Group. USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity.

---

# All About Peanuts & Peanut Butter!

## Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*

## Discussion Questions:

*Yes or No*

- The USDA MyPyramid helps us make healthy food choices.
- There are five food groups on the MyPyramid.
- Peanuts and peanut butter belong to the Fruit Group.
- Americans young and old should eat eight ounces every day from the Meat & Beans Group.

## Teacher/Student Activity:

- Have students draw a picture of their favorite food and help them find the food group where it belongs.
- Work with students to help them measure the recommended serving size of both peanuts and peanut butter.
- Have students locate each of the food groups on the MyPyramid sheet (activity sheet #11).

## Parent/Child Activity:

- Assign each student a food group and have students and parents work together to find a food that fits into that group.

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## ART

*Art Lesson  
Teacher's Guide*

### Our Peanut Product Collage

**A collage as defined by Webster is “an art form in which bits of objects are pasted on a surface.” The word itself is French in origin.**

- Have students bring in the labels from their favorite products containing peanuts and/or peanut butter and use them to make a collage on your classroom bulletin board.

## Peanut Plant: Picture Perfect

**A dimension as defined by Webster is “measurements in length, width and depth.” The word itself is Latin in origin.**

- Have students draw a picture of a peanut plant and have them paste in-shell peanuts on the plant to create another dimension.

---

## Peanut Crafts

- Have students draw, color and cut out an elephant. Have them glue peanuts in the elephant's tummy to show what food elephants love.
- Have students paint and then string in-shell peanuts to make a necklace.
- Have students glue peanuts to thumb tacks to make unique bulletin board pins.
- Have students write their initials using in-shell peanuts and glue them to a paper and decorate it.
- Have students trace their hand and glue peanuts on it to create a “handful” of peanuts.
- Have students use in-shell peanuts and scraps of ribbon, paper and glue to make peanut animals.
- Have students colorfully paint a rock and glue in-shell peanuts to the top to make a nutty paperweight for someone that they love.
- Have students draw, color and cut out peanut characters and glue them to a stick to make puppets.
- Have students paint and glue an in-shell peanut to a pencil to make a nutty writing tool.

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## Presentation Techniques:

*Review the lesson above and develop your lesson plan based on appropriate material for your age group or grade level.*



# All About Peanuts & Peanut Butter!

## MUSIC

Baa, Baa, Black Sheep  
Mother Goose

Moderately

C F C F

C G<sup>7</sup> C F

C F C G<sup>7</sup> C

## Peanuts

Peanuts, peanuts are a healthy treat  
and they're lots of fun to eat.

There's a secret I must tell  
They grow inside a little shell.

*Sing to the tune of Baa, Baa, Black Sheep above.*

# All About Peanuts & Peanut Butter!

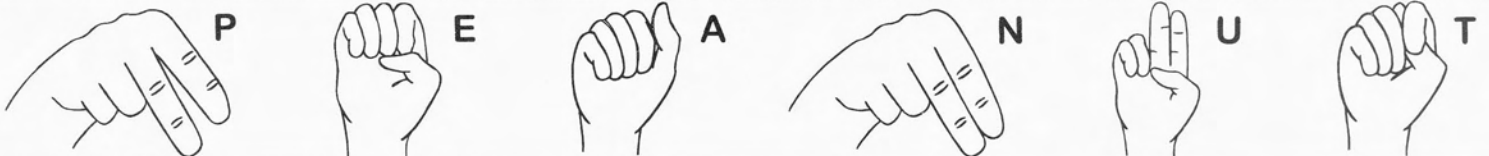
## MUSIC

Oh Dear! What Can the Matter Be?  
Mother Goose

Moderately bright

### P-E-A-N-U-T-S: The Signing Song

Peanuts  
P-E-A-N-U-T  
Peanuts  
They're good for you and me  
Peanuts  
They're really crunchy too  
I can spell Peanut, can you?



Sing to the tune of *Oh Dear! What Can the Matter Be?* above.

# All About Peanuts & Peanut Butter!

## PEANUT RESOURCE READING LIST

• *From Peanuts to Peanut Butter*

by Melvin Berger

• *The Plants We Eat*

by Millicent Selsam

• *Make Me a Peanut Butter Sandwich and a Glass of Milk*

by Ken Robbins

• *Vegetables in Patches and Pots*

by Lorelie Miller Mintz

• *Peanuts*

by Franklin Watts

• *American Heart Association Kids' Cookbook*

editor: Mary Winston

• *Peanuts*

by Millicent Selsam

• *The Picture Life of Jimmy Carter*

by Barbara Walker

• *A Pocketful of Goobers, A Story About George Washington Carver*

by Barbara Mitchell

• *George Washington Carver-The Peanut Scientist*

by Patricia & Frederick McKissak

• *George Washington Carver*

by Suzanne Coil

• *How Do They Grow It?*

by George Sullivan

• *George Washington Carver*

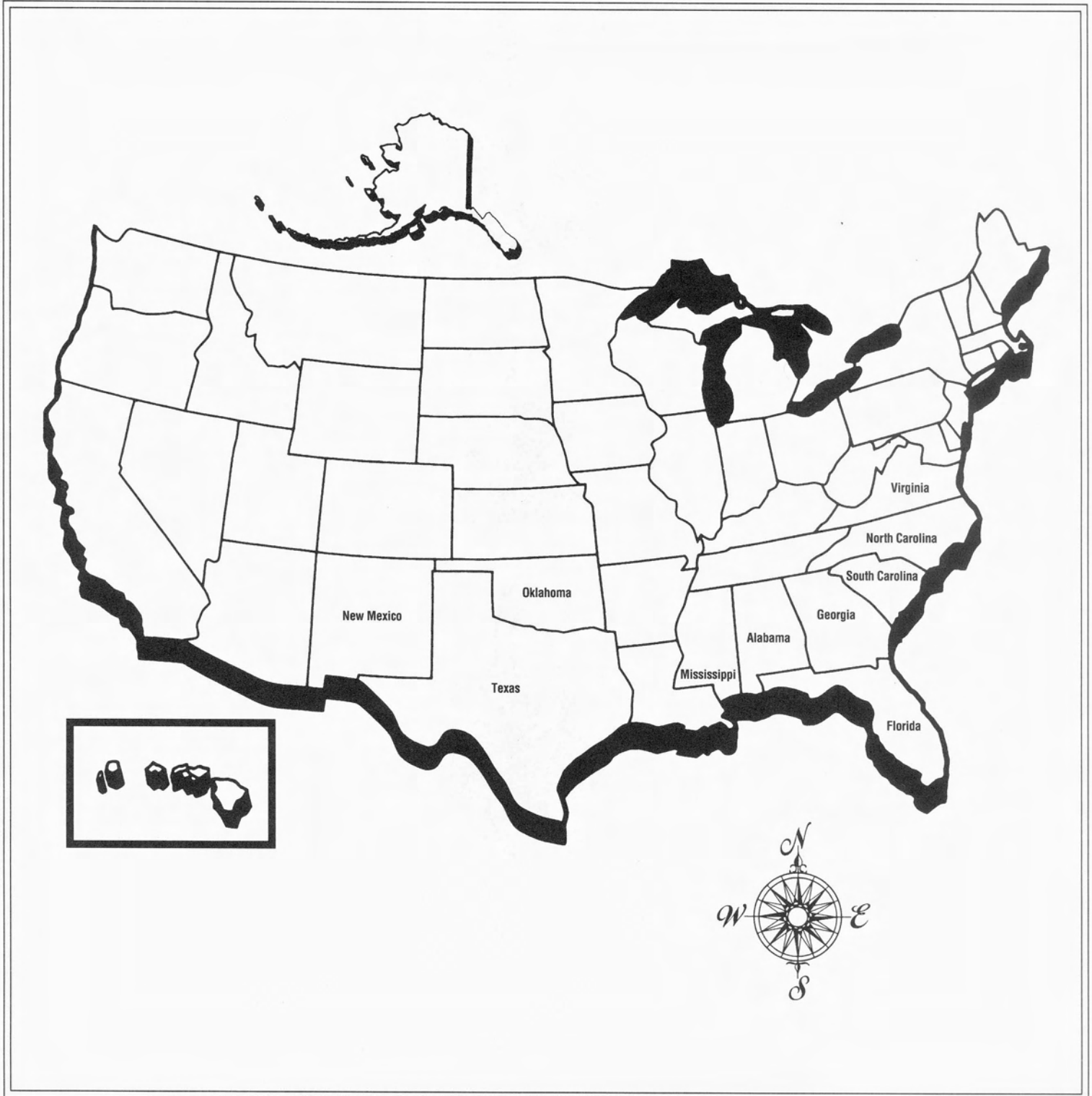
by Gene Adair



Name \_\_\_\_\_

# Where in the U.S. do Peanuts Grow?

Peanuts grow mainly in ten states. They include: Alabama, Florida, Georgia, Mississippi, New Mexico, North Carolina, Oklahoma, South Carolina, Texas and Virginia.



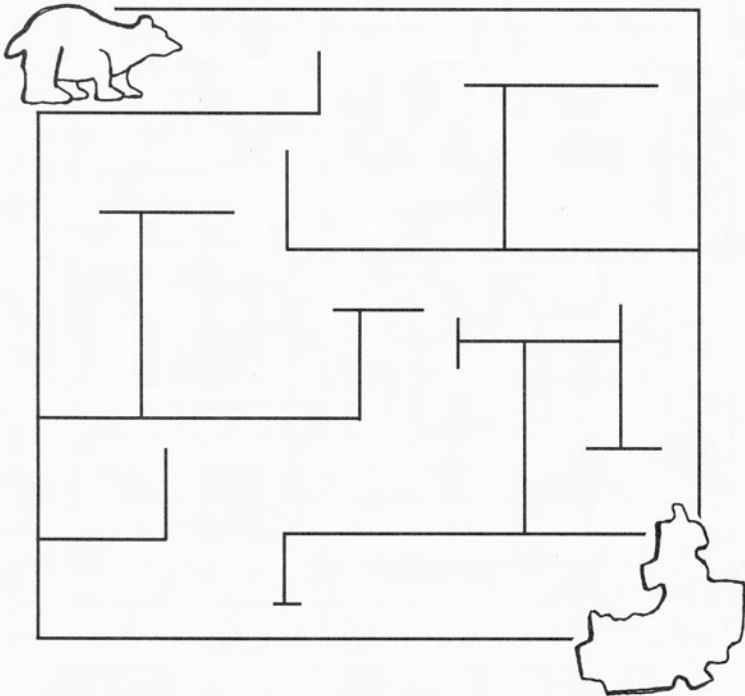
Color the states that grow peanuts and color the state that you live in.

Name \_\_\_\_\_

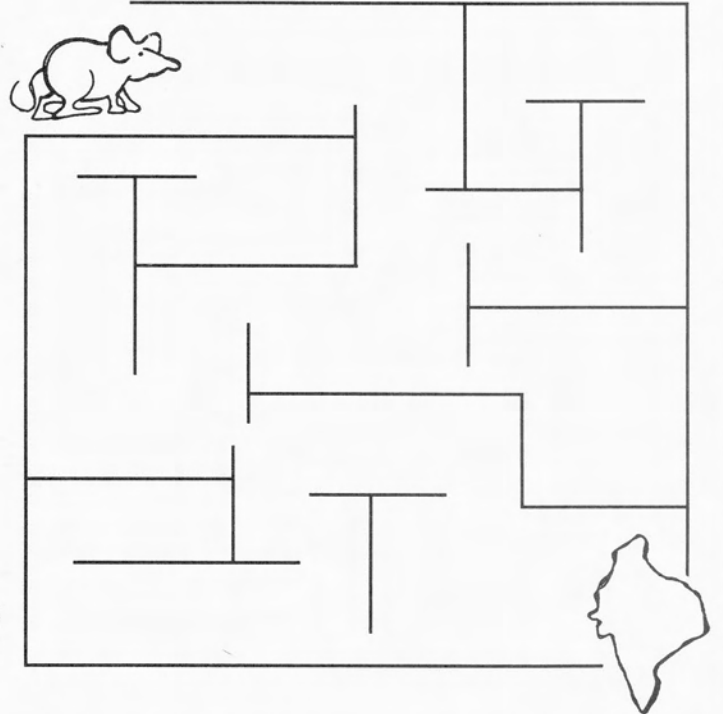
# Where in the World do Peanuts Grow?

Besides the United States, peanuts grow in these countries: China, India, and Senegal.

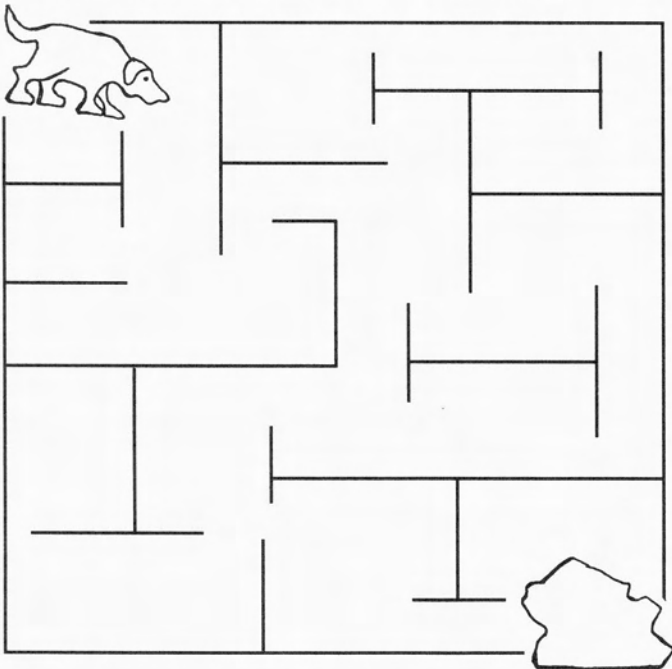
Help the Bear get home to China.



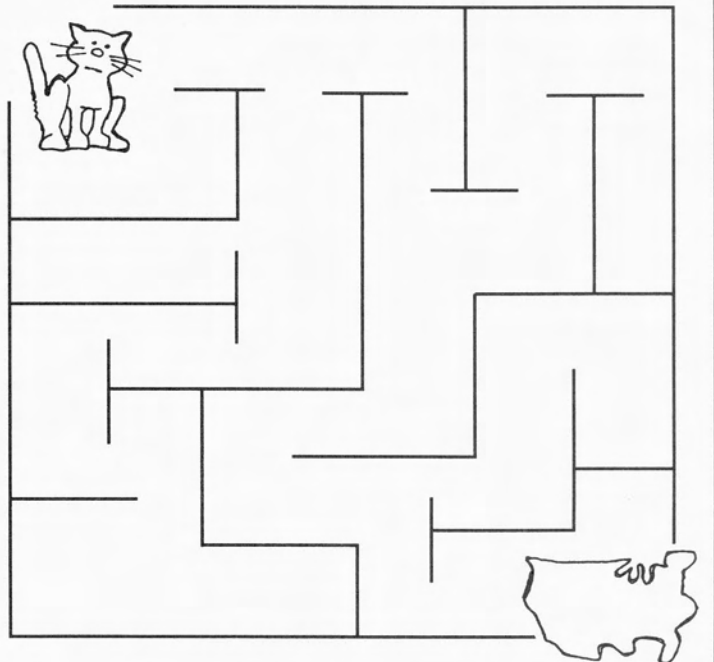
Help the Mouse get home to India.



Help the Dog get home to Senegal.



Help the Cat get home to the United States.



Name \_\_\_\_\_

## Listening for Rhyming Words

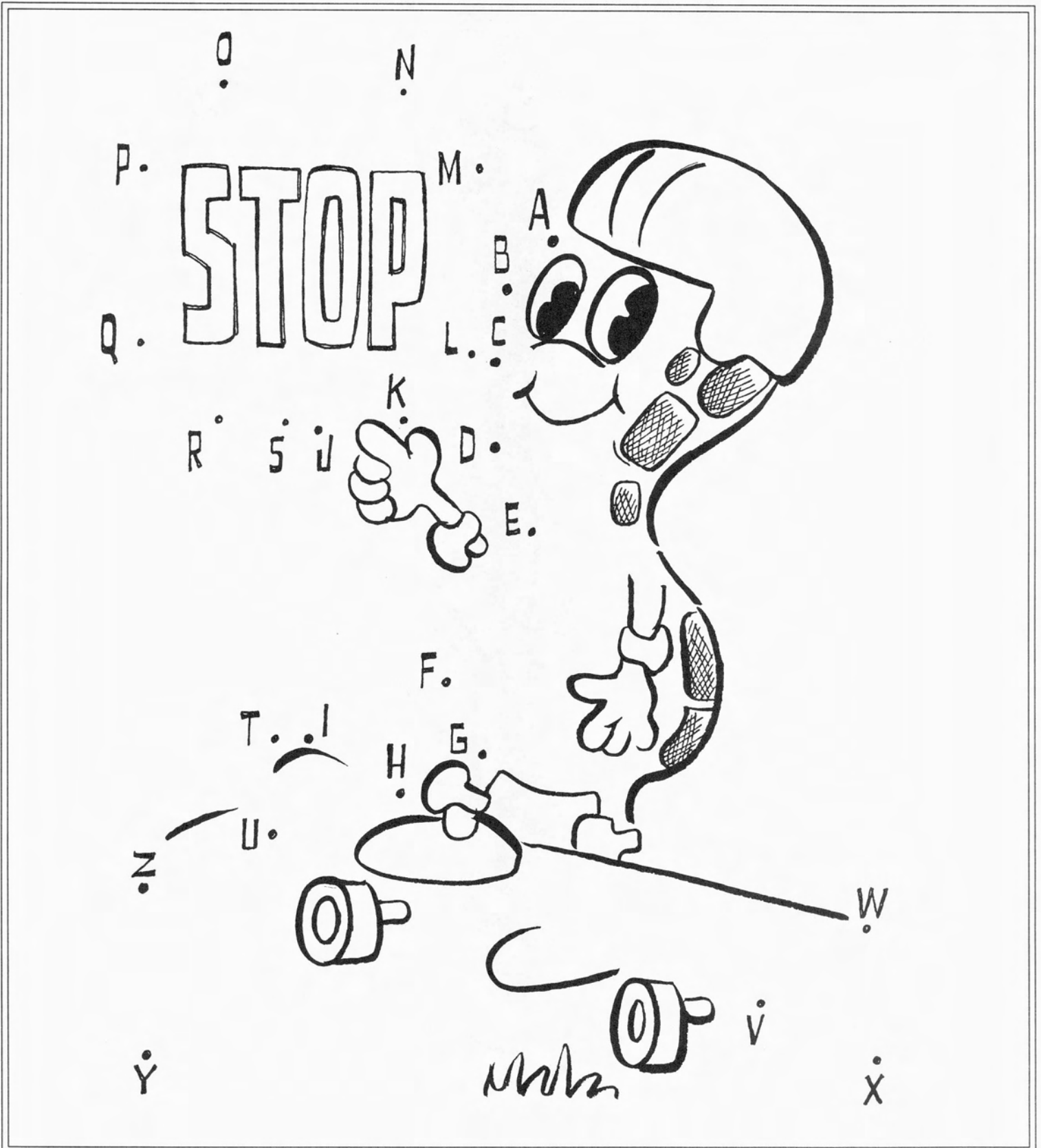
Circle the rhyming words in the poem.

I never thought I'd see the mouse  
who kept eating all of the peanut butter  
in our house!

Draw a picture in the box to illustrate the poem.

Name \_\_\_\_\_

# Connect the dots from A to Z.



Color the picture.

Name \_\_\_\_\_

Find the 12 hidden peanuts in the picture.



Color the picture.



Name \_\_\_\_\_

# Peanut Bingo

Randomly write the numbers 1 through 34 in the boxes below. Students may win by getting 5 numbers up and down or 7 numbers across.



P

E

A

N

U

T

S

			FREE			

*Use peanuts as markers when it is time to play. Good Luck!*

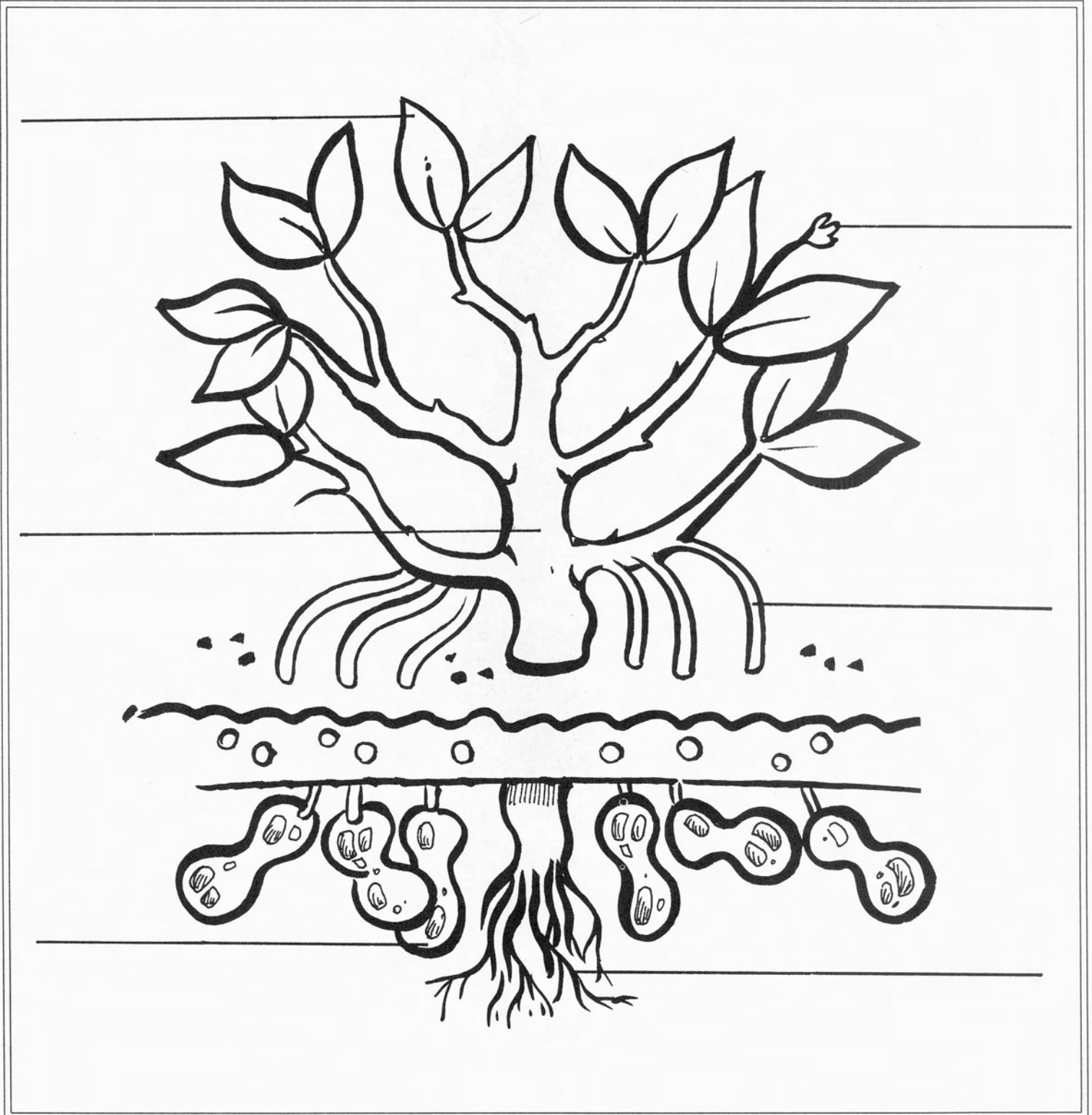


Name \_\_\_\_\_

# The Peanut Plant: Picture Perfect!

Label the parts of the peanut plant.

Leaf                  Flower                  Root                  Peg                  Stem                  Peanut



Color the picture.

Name \_\_\_\_\_

## Color, Trace & Learn

The kernel of the peanut is inside the *Pod*. The lobes of the kernels inside the pod are called *Cotyledons*. The thin skin covering the lobes is called the *Testa*. Between the two lobes is a plantlet called the *Germ*.



Color the picture.

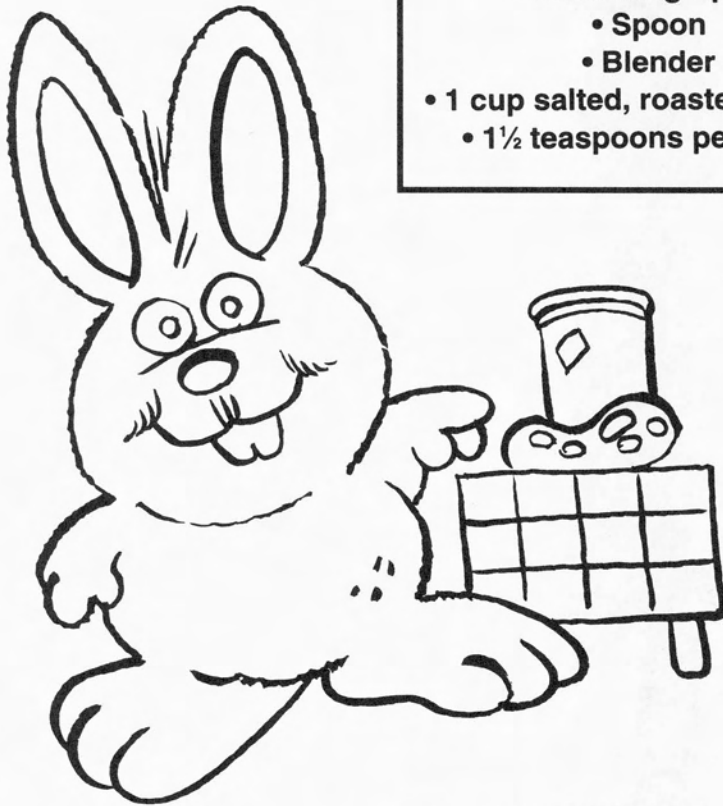
Name \_\_\_\_\_

# Peanut Butter is Good for You!

Rudy the rabbit and his teacher are going to make peanut butter.

## What will they need?

- Measuring Cup
- Measuring Spoon
  - Spoon
  - Blender
- 1 cup salted, roasted peanuts
- 1½ teaspoons peanut oil



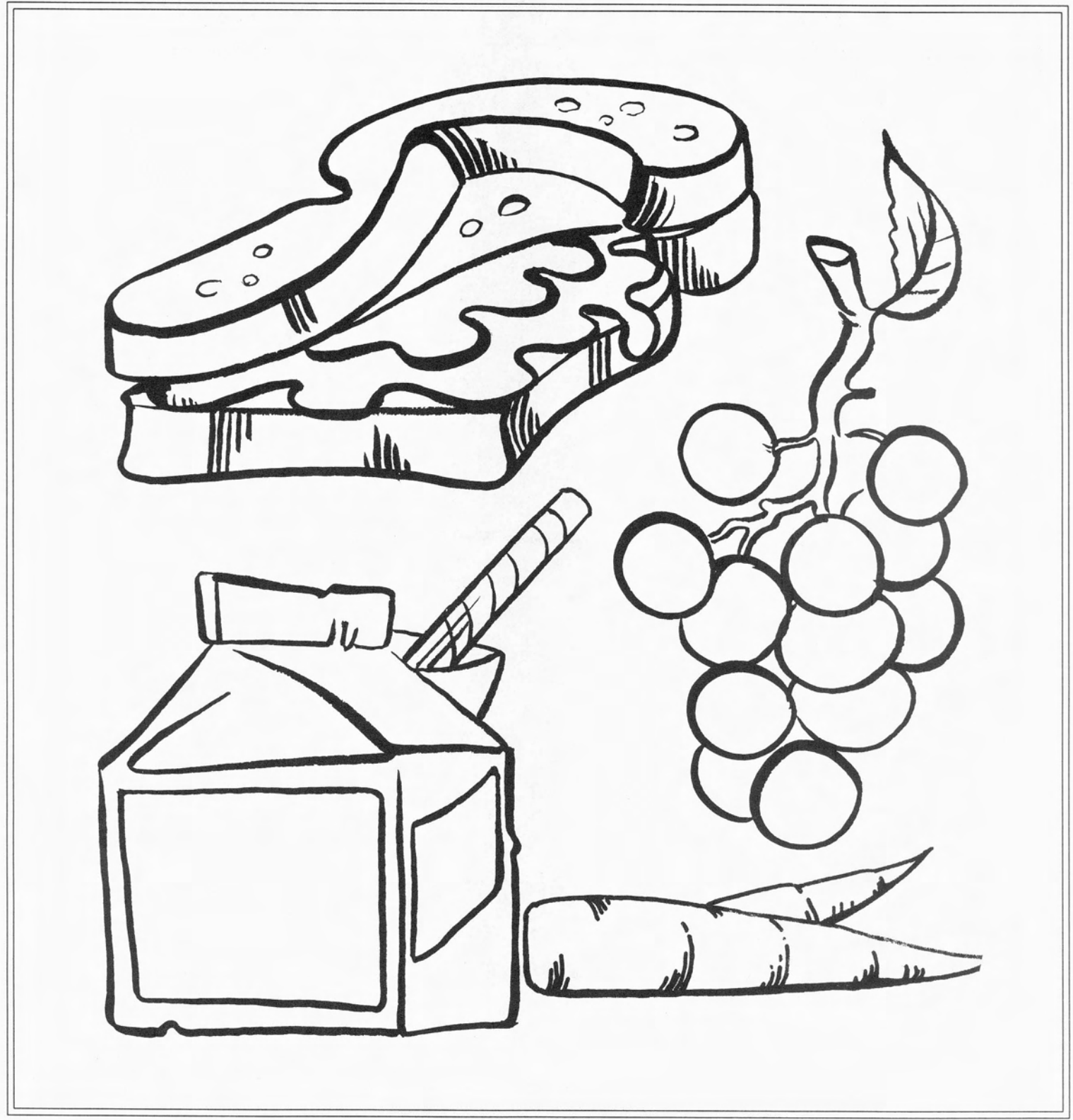
## How will they make it?

- Measure 1 cup peanuts and put in blender.
- Measure 1½ teaspoons peanut oil and put in blender.
  - Put top on blender.
- Push button and blend for about 3 minutes.
  - Turn blender off.
  - Take top off blender.
- Scrape sides of blender with spoon and push peanuts to bottom.
  - Put top on blender.
- Push button and blend for about 3 more minutes.
  - Take top off blender.
  - Scoop out peanut butter!

Name \_\_\_\_\_

# I Can Make a Healthy Meal!

Name the foods below.



Color the different foods.

# MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices!

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.



## MyPyramid



Eat Right. Exercise Have Fun.

MyPyramid.gov

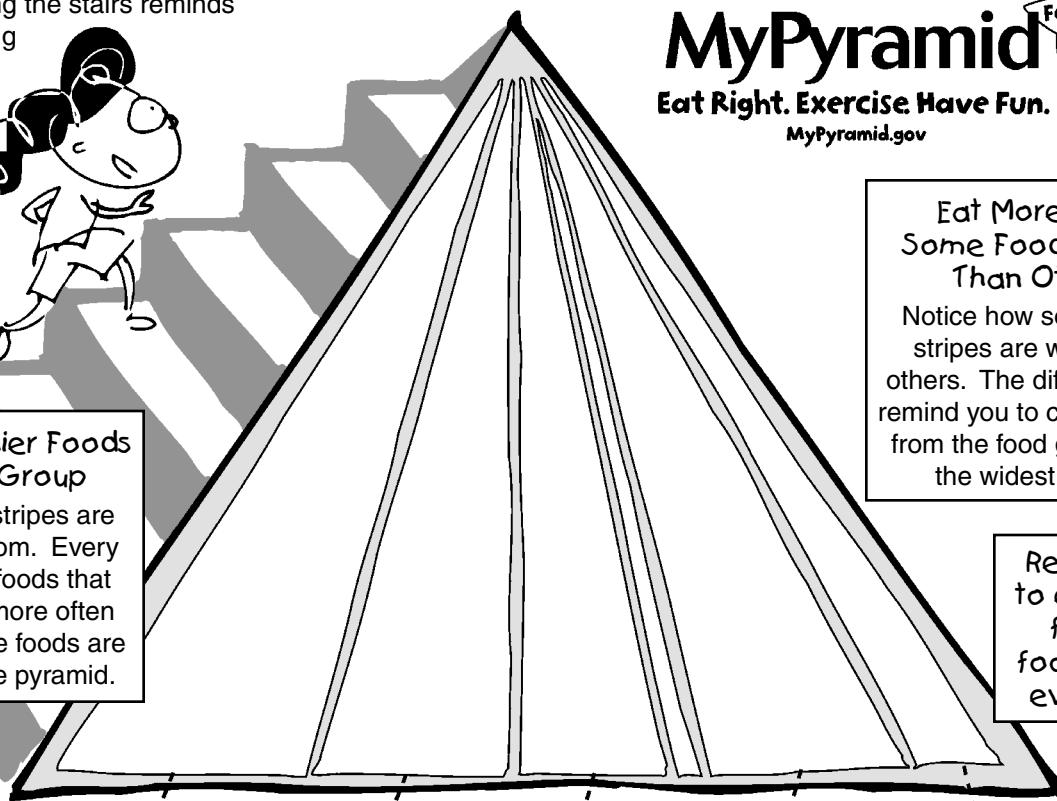
Eat More From Some Food Groups Than Others

Notice how some of the stripes are wider than others. The different sizes remind you to choose foods from the food groups with the widest stripes.

### Choose Healthier Foods From Each Group

Notice how the stripes are wider at the bottom. Every food group has foods that you should eat more often than others; these foods are the bottom of the pyramid.

Remember to eat foods from all food groups every day!



For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

<b>Grains</b> 6 oz. every day	<b>Vegetables</b> 2-1/2 cups every day	<b>Fruits</b> 2 cups every day	<b>Milk</b> 3 cups every day	<b>Meat &amp; Beans</b> 5-1/2 oz. every day
Oils, fats, sugars and salt      Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.				

### Make Choices That Are Right for You

MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

### Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

## Take these steps for a Healthier You

- ▶ Make smart choices from every food group
- ▶ Find your balance between food and physical activity
- ▶ Get the most nutrition out of your calories

Peanuts are found in the Meat & Beans Group. For a 2,000-calorie diet, you need 5-1/2 oz. every day from the Meat & Beans food group.

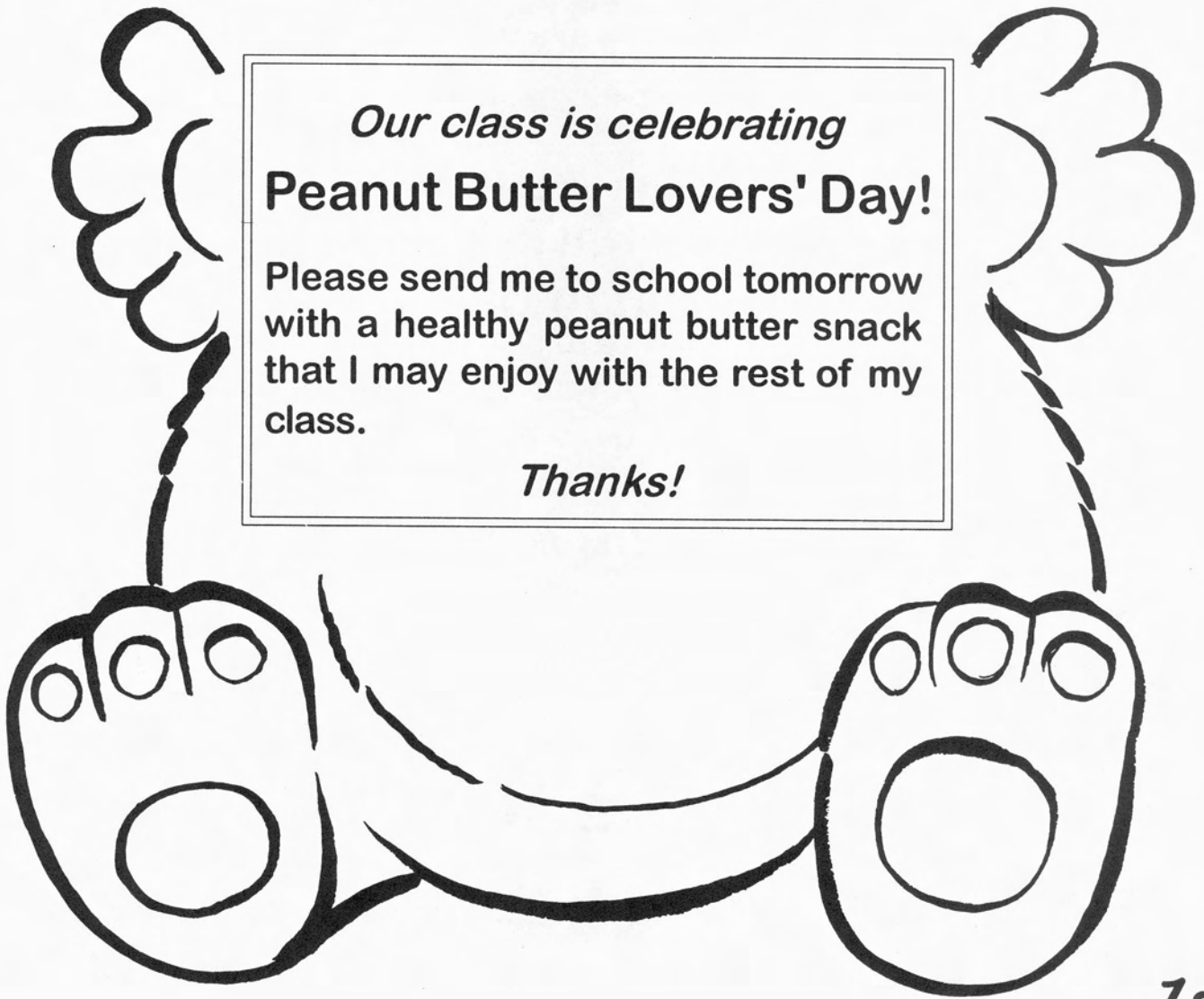
# It's Peanut Butter Lovers' Day!



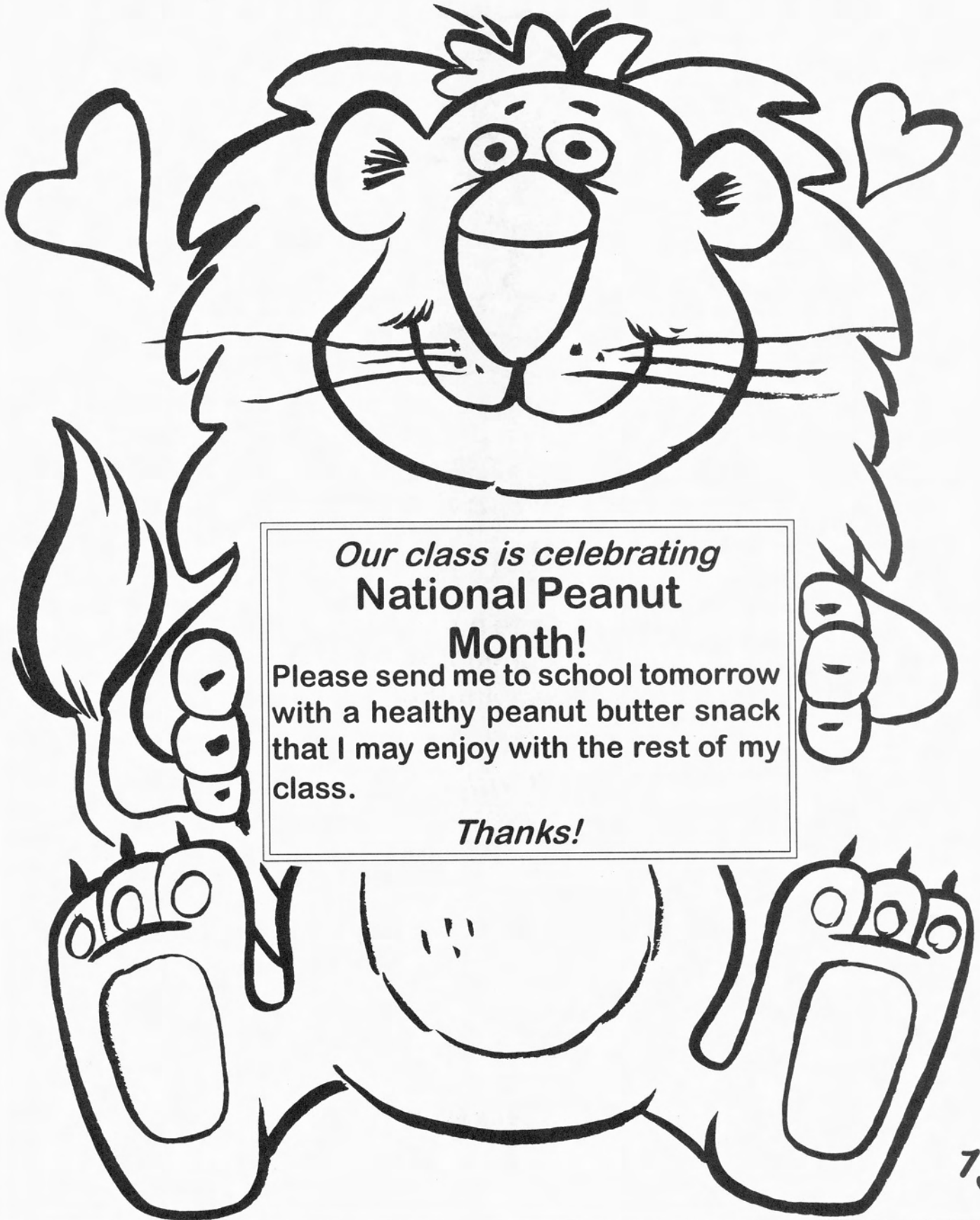
*Our class is celebrating*  
**Peanut Butter Lovers' Day!**

Please send me to school tomorrow  
with a healthy peanut butter snack  
that I may enjoy with the rest of my  
class.

*Thanks!*



# It's National Peanut Month!



*Our class is celebrating  
National Peanut  
Month!*  
Please send me to school tomorrow  
with a healthy peanut butter snack  
that I may enjoy with the rest of my  
class.  
*Thanks!*



## Index for Flash Cards

Following is the index to the set of flash cards included in this kit. These cards may be used as a coloring/cutting activity for younger children and additionally for spelling activities with older children. Students may spell words with multiple uses of a letter (such as two p's in apple) to encourage teamwork among students in the classroom setting. Cards may also be used to spell the student's name, school name, etc. Number flash cards may be used to teach addition and subtraction as well as simple multiplication. Students may group numbers with multiple uses of numbers (such as two numbers in a phone number) to encourage teamwork in the classroom setting.

*As you can see, creative possibilities are many using the flash cards!*



**P**



**5**

**A** is for *Apple*

**B** is for *Bicycle*

**C** is for *Comb*

**D** is for *Dog*

**E** is for *Elephant*

**F** is for *Fish*

**G** is for *Gift*

**H** is for *Hat*

**I** is for *Igloo*

**J** is for *Jump*

**K** is for *Kick*

**L** is for *Laugh*

**M** is for *March*

**N** is for *Nose*

**O** is for *Oar*

**P** is for *Peanut*

**Q** is for *Quiet*

**R** is for *Rain*

**S** is for *Swim*

**T** is for *Tree*

**U** is for *Up*

**V** is for *Vacuum*

**W** is for *Wet*

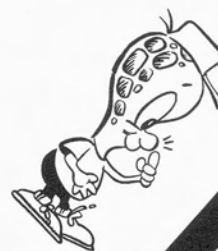
**X** is for *X-ray*

**Y** is for *Yell*

**Z** is for *Zipper*

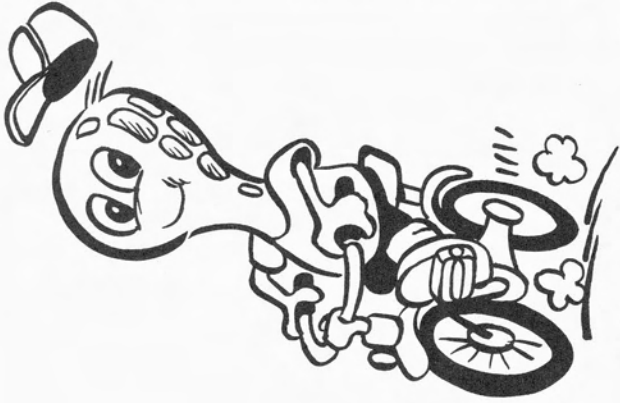


**2**



**N**

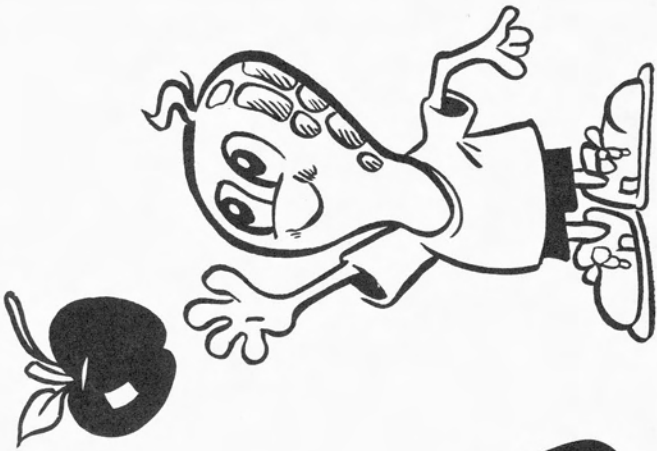
B



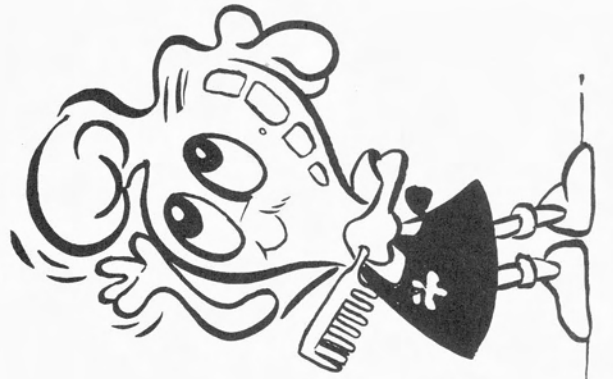
D



A



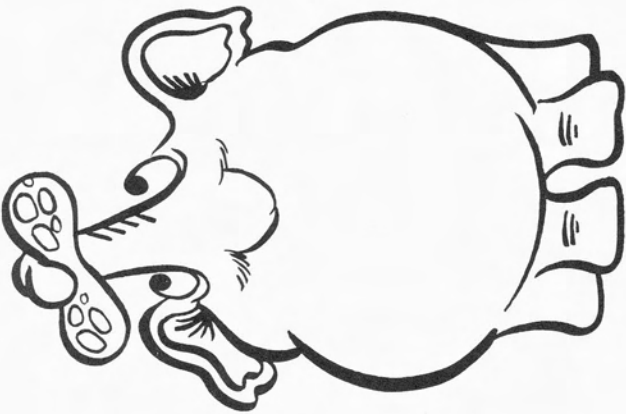
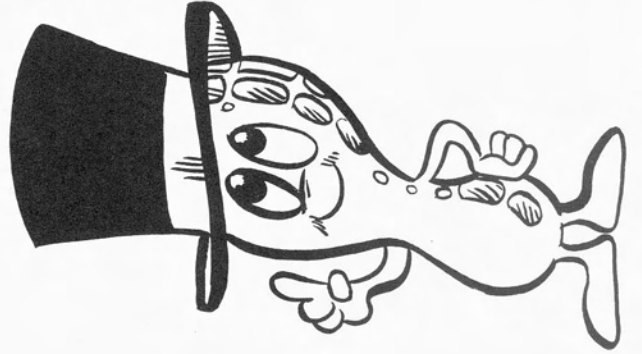
C



Л



И



Э

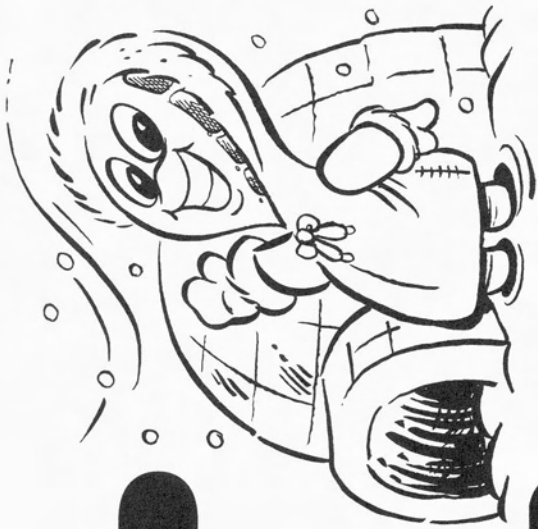
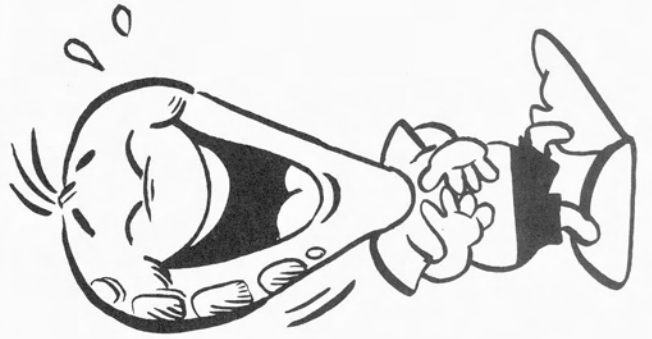


О

J



L



H

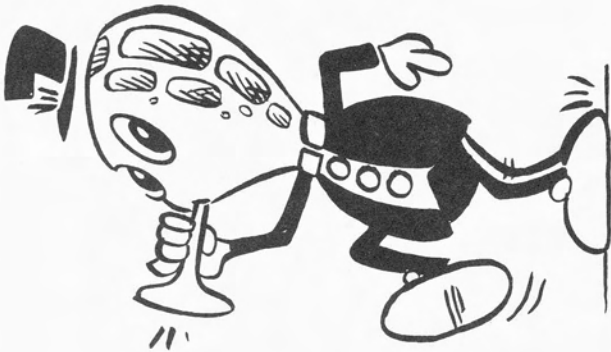


K

N



E



M



O

R



T

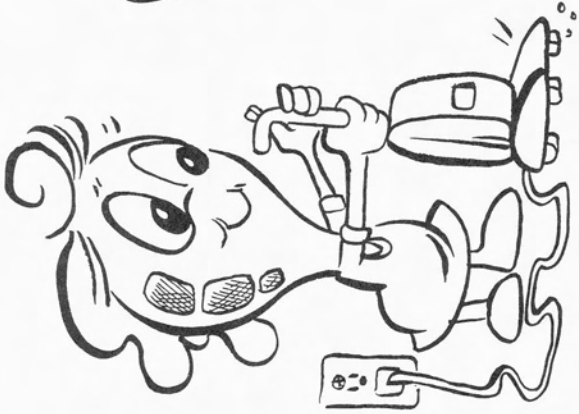


Q



S

V



X



U



W

N



1



Y

O



3



5



2



4



7



9



6



8

# CELEBRATE PEANUTS & PEANUT BUTTER ALL YEAR LONG!

## Labor Day

Labor Day is celebrated on the first Monday of September and was begun to honor all American laborers. Peter J. McGuire, a leader in the Knights of Labor in New York City, is given credit for originating the day. He presented the idea to labor unions in the city of New York and it was quickly embraced. The first official Labor Day celebration was observed on September 5, 1882. Labor Day is a legal holiday throughout the United States.

### Color & Learn About Farming!

Share the "A Day in the Life of a Peanut Farmer" story below with your students.

A farmer's day is long. He wakes up before the sun rises and walks to his peanut fields. First, he must prepare the land for planting, then he plants the peanut seeds. He takes care of them by weeding, fertilizing, and watering his plants, so they will grow. Finally, he digs up his peanuts and lets them dry in the sun.



- Copy activity sheet #5 and distribute it.
- Have students color it.
- Have students glue in-shell or shelled peanuts where appropriate.

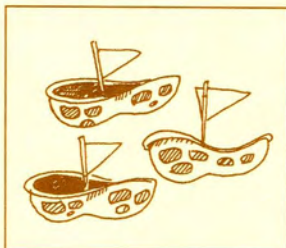
## Columbus Day

Columbus Day is officially celebrated on October 12 and was begun in honor of Christopher Columbus, a great explorer, in recognition of his discovery of America on that date in 1492. Columbus Day is a legal holiday throughout the United States and is celebrated in Puerto Rico, some Latin American countries, parts of Canada and some Italian and Spanish cities as well.

### Make a Sailboat!

#### Materials:

Sail Patterns  
Scissors  
Paper  
Toothpicks  
Glue  
In-shell Peanuts



- Prepare sail patterns and have students cut them out.

- Have students glue toothpick to the back of each sail.
- Assist students with punching a hole in each peanut shell with a toothpick.
- Dip the end of the sail toothpick in glue and push it through hole in peanut.

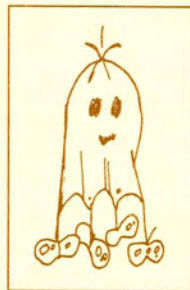
## Halloween

Halloween is celebrated the last day of October. Numerous ancient practices on Halloween have their origin in pagan festivities. Centuries ago, Halloween was considered the time of the year in which both food and evil spirits roamed the earth and witches were believed to fly in the sky. Traditionally, bonfires were built on Halloween evening and futures for the coming year were foretold.

### Make a Ghost Mobile!

#### Materials:

Cardboard Ghost Pattern  
Crayons and Markers  
Scissors  
Hole Punch  
String  
In-shell Peanuts  
Orange and Black Paint  
Paint Brushes



- Prepare a ghost pattern and have students color and cut it out.
- Assist students in punching holes in bottom of ghost.
- Assist students in cutting strings.
- Assist students in tying a string to the top of the ghost.
- Have students paint peanuts with orange and black paint.
- Assist students in tying a knot at the end of remaining strings.
- Assist students in running string through peanuts with a blunt-ended needle.
- Assist students with tying peanuts to ghost.

## Peanut Butter Lovers' Day

Peanut Butter Lovers' Day is celebrated on the fourth day of November. This holiday commemorates the invention of peanut butter by Dr. John Harvey Kellogg, who applied for the first patent in 1895. National Peanut Month is observed in March.



#### Materials:

Activity Sheet Available  
at [www.gapeanuts.com](http://www.gapeanuts.com)  
Crayons and Markers

- Download activity sheet and distribute it to your students.
- Send decorated activity sheet home to parents announcing the celebration.

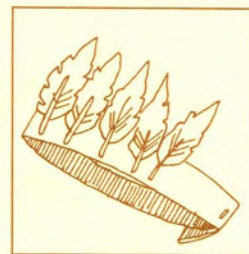
## Thanksgiving Day

Thanksgiving Day is celebrated the fourth Thursday in November and was begun by a Thanksgiving proclamation issued by Governor Bradford of the Plymouth Colony in the autumn of 1621 in gratitude for the first harvest in the New World. The establishment of Thanksgiving Day as a national celebration came over 200 years later due to a life-long campaign by Mrs. Sarah J. Hale of Philadelphia, Pennsylvania. In 1863, she carried her plan to President Lincoln and won his support. On October 3, 1863, President Lincoln issued an annual proclamation declaring the fourth Thursday in November as Thanksgiving Day. Thanksgiving Day is a legal holiday throughout the United States.

### Be Pilgrims & Indians!

#### Materials:

Multi-colored Construction Paper  
Cardboard Feather  
Patterns  
Cardboard  
Headband Pattern  
Scissors  
Glue  
Stapler  
Peanut Butter  
Bread



Trail Mix: Mix even portions of peanuts, popcorn, round oat cereal and chocolate candies.

- Divide your classroom in half.
- Prepare feather and headband patterns and have half the class trace feathers and headband patterns and cut them out.
- Assist students with gluing feathers to headband.
- Size and staple headbands for students.
- Have the other half of the class (Pilgrims) prepare peanut butter sandwiches.
- Have "Pilgrims" share their food with the "Indians" at snack time.
- Reverse the activity the following day and allow the "Indians" to become "Pilgrims" and the "Pilgrims" to become "Indians." Have the new "Pilgrims" prepare a peanut Trail Mix to share with the "Indians."



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The Georgia Peanut Commission encourages users of these materials to duplicate and distribute them as needed.  
These materials are also available at [www.gapeanuts.com](http://www.gapeanuts.com).