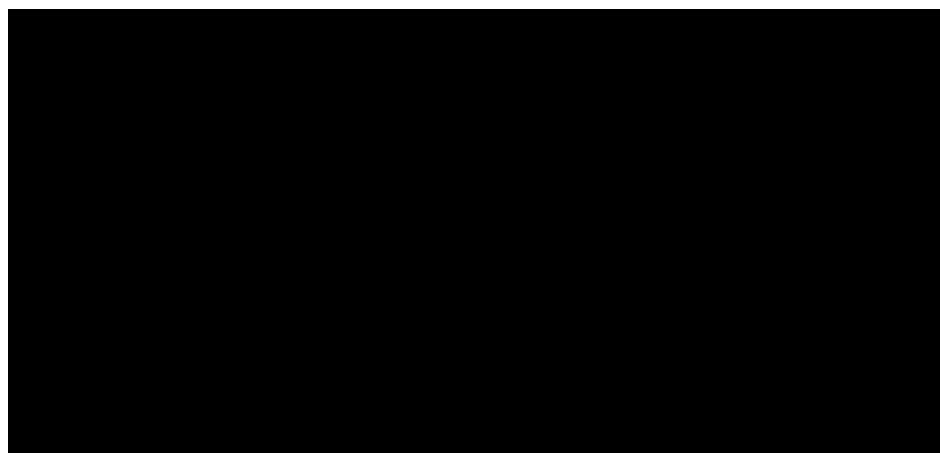


# Early Years

(Grades K through 2)

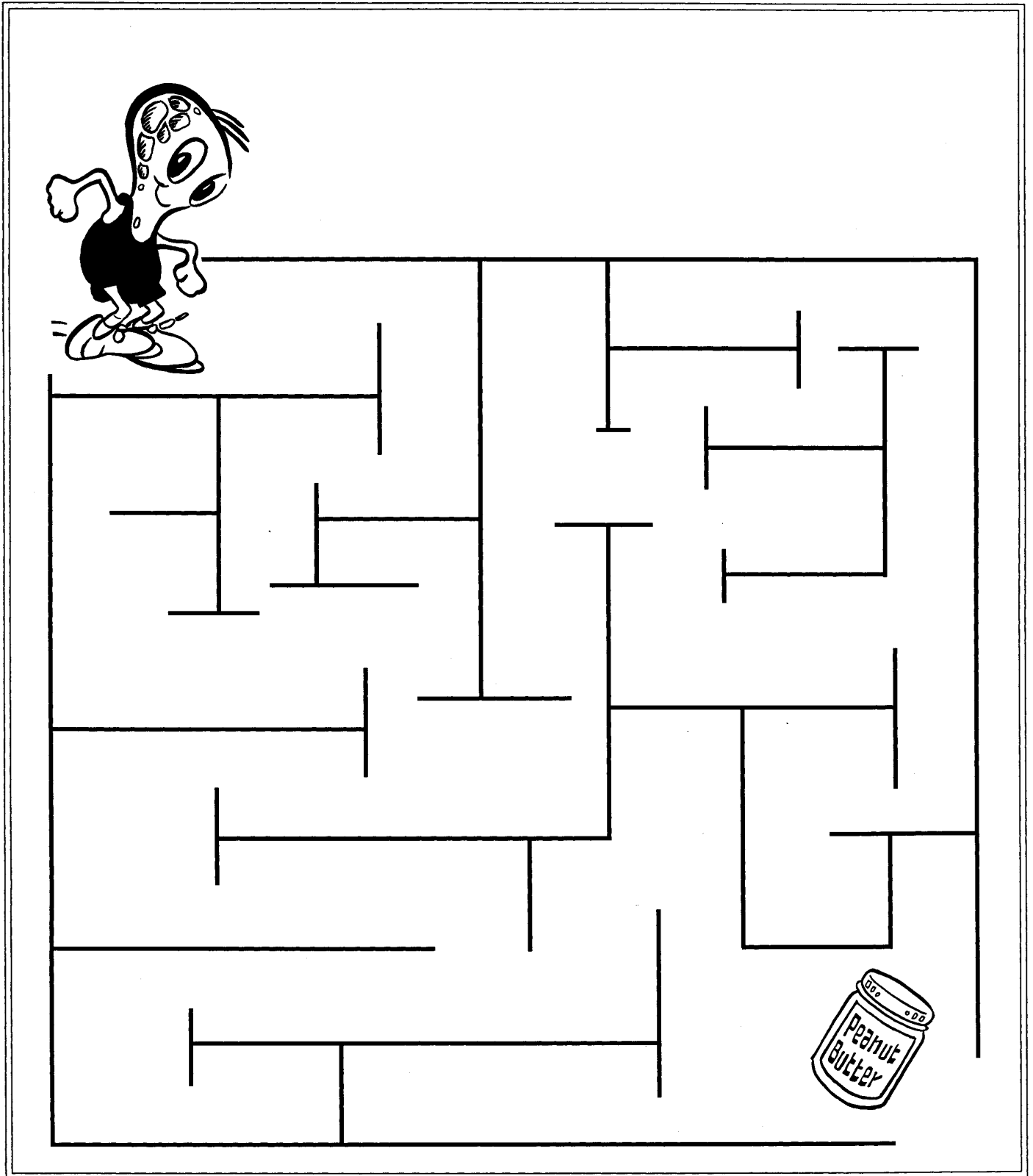


# Teacher's Guide

(Part A)

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# All about Peanuts & Peanut Butter!



Peanut Butter is *Amazing!*

# CELEBRATE PEANUTS & PEANUT BUTTER ALL YEAR LONG!

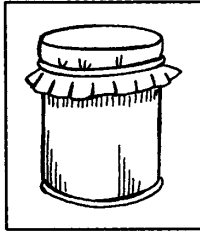
## New Year's Day

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.

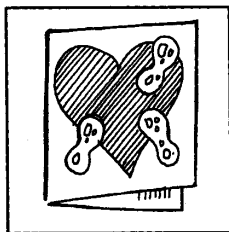
## Valentine's Day

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 #13  
Crayons and Markers

- Copy 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.



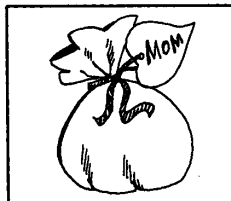
## Mother's Day

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 trace and cut circle pattern out of fabric.
- 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.

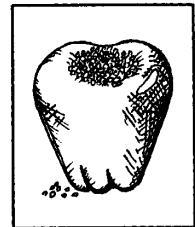
## Father's Day

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.

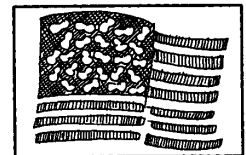
## Independence Day

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.

# CELEBRATE PEANUTS & PEANUT BUTTER ALL YEAR LONG!

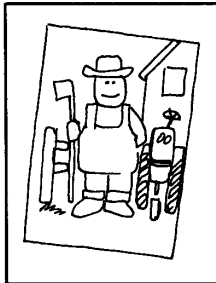
## Labor Day

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, sheet and distribute it.
- Have students color it.
- Have students glue in-shell or shelled peanuts where appropriate.

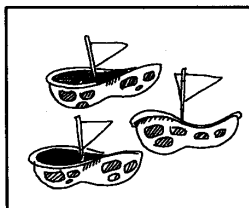
## Columbus Day

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.
- Lay flat to dry.

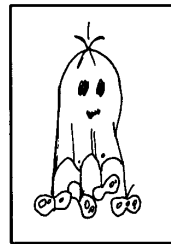
## Halloween

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 good 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 #12 Crayons and Markers

- Copy activity sheet and distribute it to your students.
- Send decorated activity sheet home to parents announcing the celebration.
- Have students enjoy their peanut butter treat at snack time.

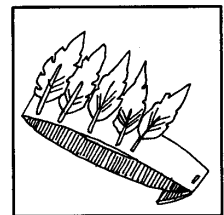
## Thanksgiving Day

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.

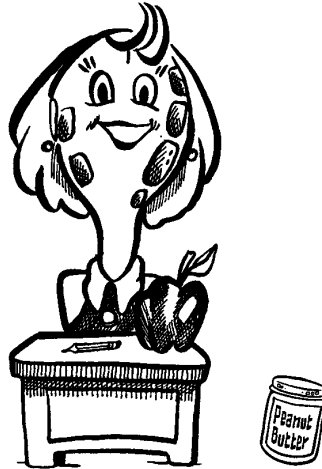
### Be Pilgrims & Indians!

#### Materials:

- Multicolored 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."



## American Peanut Council

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The American Peanut Council is a not-for-profit trade association with membership representative of all peanut growers, shellers, brokers, manufacturers and allied industries involved in the U.S. peanut industry. From its offices in Alexandria, Virginia, the American Peanut Council administers programs of education, research and promotion for America's twelfth largest crop.

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**The American Peanut Council encourages users of these materials to duplicate and distribute them as needed.  
These materials are also available at <http://www.aboutpeanuts.com>**

# 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 nine states grow most of the peanut crop. Georgia grows nearly half of all the peanuts grown in the United States, followed by Texas, Alabama, North Carolina, Oklahoma, Virginia, Florida, South Carolina and New Mexico. The peanut producing states are grouped into three regions. The first region is the Alabama-Georgia-Florida or *Southeast* region. The second is the Texas-Oklahoma-New Mexico or the *Southwest* region. And the third is the North Carolina-South Carolina-Virginia or the *Virginia-Carolina* region. About 60 percent of all the peanuts grown in the United States are grown in the *Southeast* region, about 20 percent are grown in the *Southwest* region, and the remaining 18 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 nine 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 nine 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.

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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*

- 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*.

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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:

- 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.