

Name \_\_\_\_\_

Refer to the nutrition label for peanut butter below and answer the following questions.



<b>Nutrition Facts</b>	
Serving Size 2 Tablespoons (32g)	
Servings Per container 16	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	<b>Calories from Fat</b> 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 16 g	<b>25%</b>
Saturated Fat 2.5 g	<b>14%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 150 mg	<b>6%</b>
<b>Total Carbohydrate</b> 6 g	<b>2%</b>
Dietary Fiber 1 g	<b>4%</b>
Sugars 3 g	
<b>Protein</b> 8 g	
Vitamin A **	Vitamin C **
Calcium **	Iron 4%
** contains less than 2 percent of the Daily Value of these nutrients.	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300 mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



1. How many servings are in this jar of peanut butter? \_\_\_\_\_
2. How many grams of protein are in each serving? \_\_\_\_\_
3. How many grams of cholesterol are in each serving? \_\_\_\_\_
4. How many grams of saturated fat are in each serving? \_\_\_\_\_
5. How many milligrams of sodium are in each serving? \_\_\_\_\_
6. How many calories are in each serving? \_\_\_\_\_
7. What percentage of the daily value of fiber is in each serving? \_\_\_\_\_

# Peanut Farming

Name \_\_\_\_\_

Read the story below then label each picture with the **bold** words.

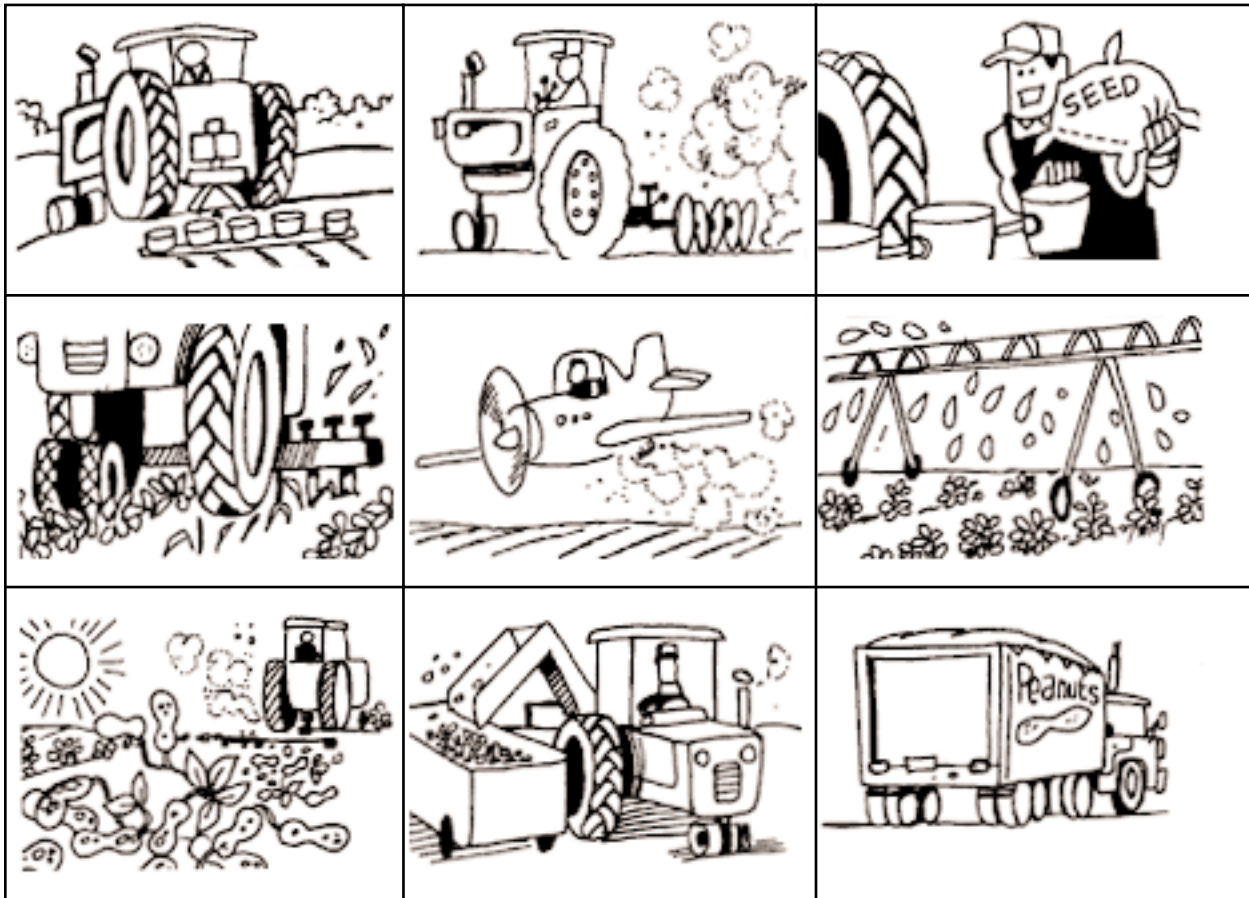


Peanut farmers begin to prepare their fields for planting in March. First, they **fertilize** the fields to help the peanuts grow. Then they **plow** the fields to prepare the soil for planting. Peanut seeds are **planted** in early May. The peanut itself is actually the seed.

Peanut farmers **cultivate** the fields throughout the growing season to get rid of weeds and other plants that have grown in the peanut fields. Farmers must also **spray the fields** to eliminate bugs and diseases and **irrigate**, or water, the peanut crops. Irrigation is especially important during times of drought.

**Harvesting** begins in September. The peanut plants are pulled from the ground and the peanuts are turned up to dry in the sun for several days. A combine **separates** the peanuts from the vines and dumps the peanuts into drying trailers. Finally, the farmer **hauls** the peanuts to a buying station or shelling plant to sell them.

None of the peanut plant is wasted. The vines are baled for hay to feed farm animals or are plowed into the fields to fertilized for the next crop. Even the peanut shell can be used for things like fireplace logs.



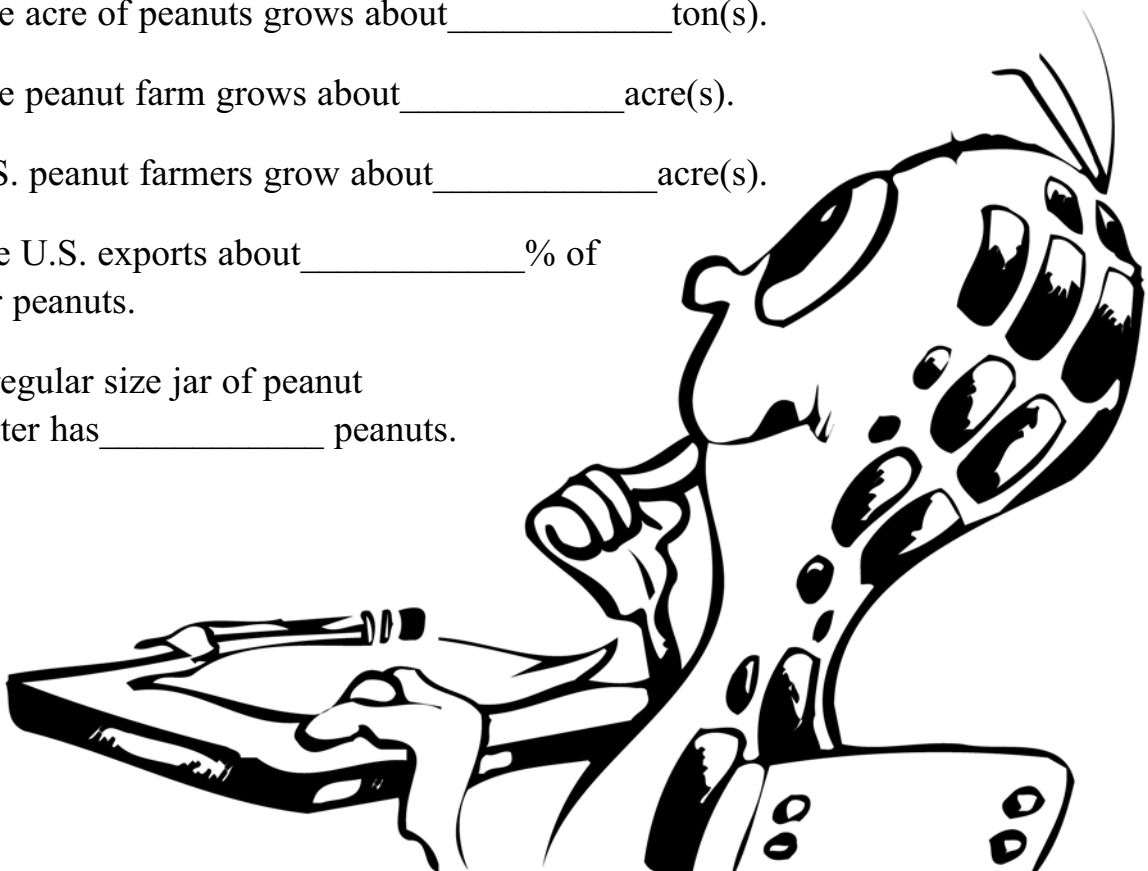
# Peanut Guessing Sheet

Name \_\_\_\_\_

Fill in your best guesses below. The correct answers will be discussed in class and will help you learn more about peanuts.



- .....
1. One peanut grows about \_\_\_\_\_ plant(s).
  2. One plant grows about \_\_\_\_\_ peanut(s).
  3. One acre of peanuts grows about \_\_\_\_\_ pound(s).
  4. One acre of peanuts grows about \_\_\_\_\_ ton(s).
  5. One peanut farm grows about \_\_\_\_\_ acre(s).
  6. U.S. peanut farmers grow about \_\_\_\_\_ acre(s).
  7. The U.S. exports about \_\_\_\_\_ % of our peanuts.
  8. A regular size jar of peanut butter has \_\_\_\_\_ peanuts.

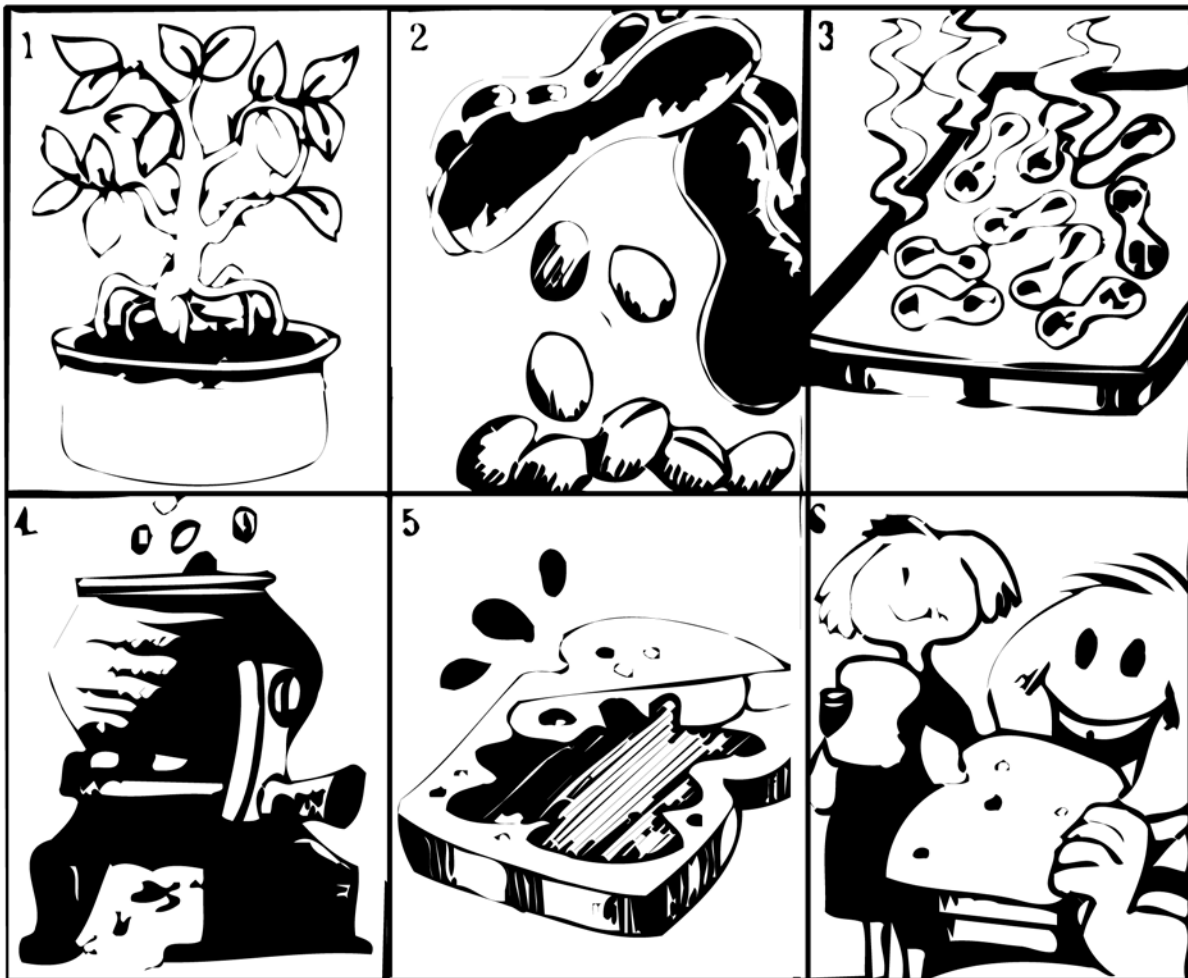


# Making Peanut Butter

Most people buy peanut butter in the store, but it is easy to make. Read this sheet and look at the pictures below. Then decide with your group who will act out each step of making peanut butter.



1. Growing a peanut plant.
2. Picking and shelling peanuts.
3. Roasting peanuts in an oven or microwawe.
4. Grinding peanuts into peanut butter.
5. Making peanut butter sandwiches.
6. Eating peanut butter sandwiches.



Name \_\_\_\_\_

Work each of the equations below. Match the answer with the letter next to it and fill in the blanks above in order to solve the riddle.



**Riddle:**

How do you divide 9 peanuts between 10 students?

	$\overline{1,685}$	$\overline{563}$	$\overline{1,039}$	$\overline{1,356}$		
	$\overline{1,552}$	$\overline{1,356}$	$\overline{563}$	$\overline{741}$	$\overline{1,529}$	
$\overline{755}$	$\overline{1,472}$	$\overline{1,529}$	$\overline{755}$	$\overline{755}$	$\overline{1,356}$	$\overline{1,048!}$

A:  $251 + 312 =$  \_\_\_\_\_

B:  $850 + 622 =$  \_\_\_\_\_

E:  $443 + 913 =$  \_\_\_\_\_

K:  $623 + 416 =$  \_\_\_\_\_

M:  $967 + 718 =$  \_\_\_\_\_

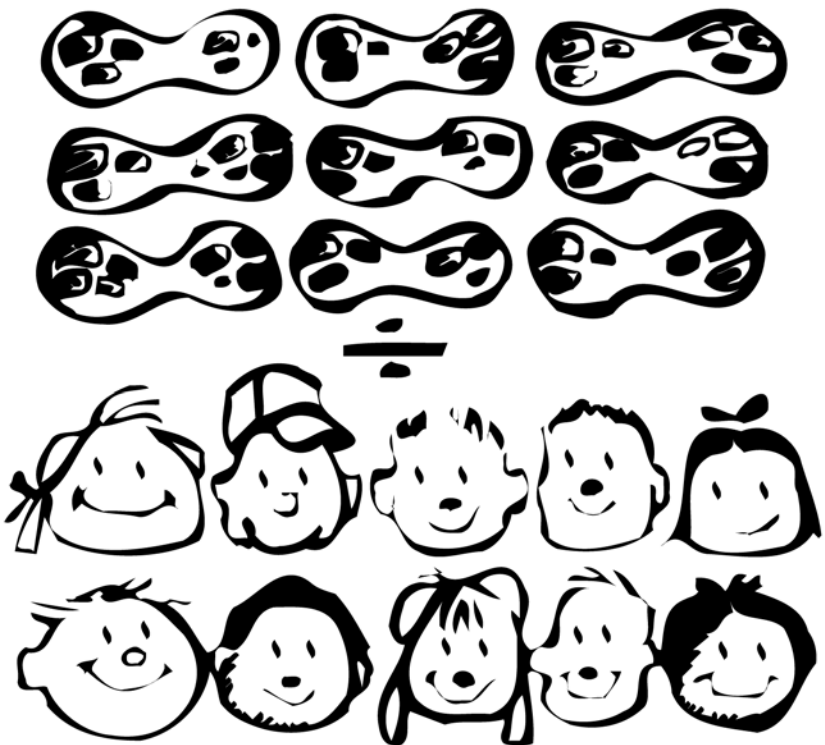
N:  $324 + 417 =$  \_\_\_\_\_

P:  $614 + 938 =$  \_\_\_\_\_

R:  $115 + 933 =$  \_\_\_\_\_

T:  $426 + 329 =$  \_\_\_\_\_

U:  $819 + 710 =$  \_\_\_\_\_



Name \_\_\_\_\_



Write the sum or difference of each of the equations below and cross off each answer in the peanut butter sandwich. The number that remains is the answer to the riddle.

**Riddle:**

By the time the average student graduates from high school, he or she will have eaten how many peanut butter and jelly sandwiches?

**Answer:** \_\_\_\_\_

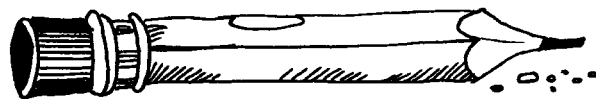
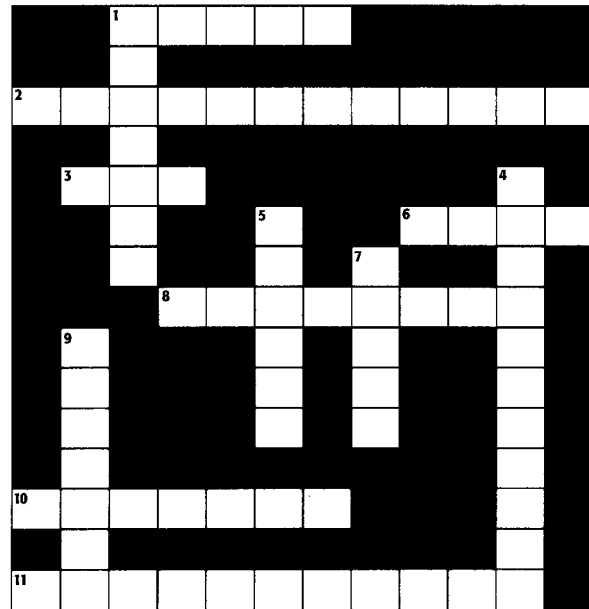
- |                     |                     |                     |                     |
|---------------------|---------------------|---------------------|---------------------|
| $123 + 134 =$ _____ | $495 + 269 =$ _____ | $935 + 204 =$ _____ | $843 + 209 =$ _____ |
| $620 + 210 =$ _____ | $849 + 293 =$ _____ | $703 + 693 =$ _____ | $493 + 307 =$ _____ |
| $199 + 306 =$ _____ | $429 + 935 =$ _____ | $103 + 397 =$ _____ | $253 + 420 =$ _____ |
| $294 + 829 =$ _____ | $938 + 194 =$ _____ | $947 + 946 =$ _____ | $120 + 506 =$ _____ |
| $205 + 395 =$ _____ | $894 + 941 =$ _____ | $936 + 894 =$ _____ | $935 + 959 =$ _____ |
| $960 - 854 =$ _____ | $120 - 104 =$ _____ | $704 - 642 =$ _____ | $943 - 206 =$ _____ |
| $492 - 205 =$ _____ | $732 - 641 =$ _____ | $832 - 528 =$ _____ | $830 - 372 =$ _____ |
| $730 - 492 =$ _____ | $820 - 302 =$ _____ | $937 - 293 =$ _____ | $610 - 290 =$ _____ |
| $938 - 391 =$ _____ | $956 - 592 =$ _____ | $647 - 291 =$ _____ | $650 - 458 =$ _____ |
| $739 - 620 =$ _____ | $839 - 693 =$ _____ | $201 - 165 =$ _____ | $932 - 720 =$ _____ |



# Peanut Crossword Puzzle

Name \_\_\_\_\_

Use what you have learned about peanuts to complete the crossword puzzle below.



## Across

1. Valencia peanuts have a \_\_\_\_\_ taste.
2. Runner peanuts are used to make \_\_\_\_\_.
3. Peanuts can be crushed to make \_\_\_\_\_.
6. Americans ate \_\_\_\_\_ pounds of peanuts per person each year as of the mid 1990's.
8. \_\_\_\_\_ peanuts are known for their large kernel size and are often sold in the shell.
10. John Harvey \_\_\_\_\_ applied for the first patent for peanut butter.
11. Peanuts grow \_\_\_\_\_.

## Down

1. \_\_\_\_\_-type peanuts are known for their smaller kernels and their reddish-brown skins.
4. Peanuts contain mostly \_\_\_\_\_ fat - the "good" kind of fat.
5. Dr. George Washington \_\_\_\_\_ is known as the father of the peanut industry.
7. Peanuts are a good source of \_\_\_\_\_ which helps the body eliminate waste.
9. Peanuts are high in \_\_\_\_\_ which puts them in the meat group.