The Peanut Plant: Picture Perfect!
Label the parts of the peanut plant.

Leaf  Flower  Root  Peg  Stem  Peanut

Color the picture.
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, Trace & Learn

Color the picture.
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
• 1 1/2 teaspoons Peanut Oil

How will they make it?
• Measure 1 cup peanuts and put in blender.
• Measure 1 1/2 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!
I Can Make a Healthy Meal!
Name the foods below.

Color the different foods.
Use the Food Guide Pyramid to help you eat better every day... the Dietary Guidelines way. Start with plenty of Breads, Cereals, Rice, and Pasta; Vegetables; and Fruits. Add two to three servings from the Meat group.

Each of these food groups provides some, but not all, of the nutrients you need. No one food group is more important than another – for good health you need them all. Go easy on the fats, oils, and sweets, the foods in the small tip of the Pyramid.

To order a copy of “The Food Guide Pyramid” booklet, send a $1.00 check or money order made out to the Superintendent of Documents to: Consumer Information Center, Department 159-Y, Pueblo, Colorado 81009.
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!