



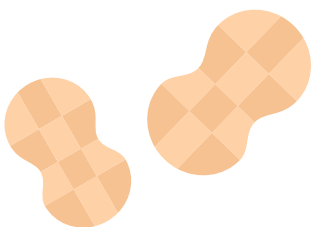
PEANUTS

EARLY CHILDHOOD

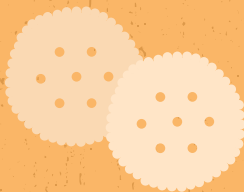
Peanuts are not nuts. They are legumes. Peanuts grow best in light, sandy soil. Peanuts grow underground. They help the soil stay healthy.

Peanuts are harvested by a machine. It pulls the plant out of the ground and turns it upside down. This lets the peanuts dry slowly. Next, the peanuts are threshed. This means the peanut pods are removed from the plant. Peanuts are stored in a cool, dry place.

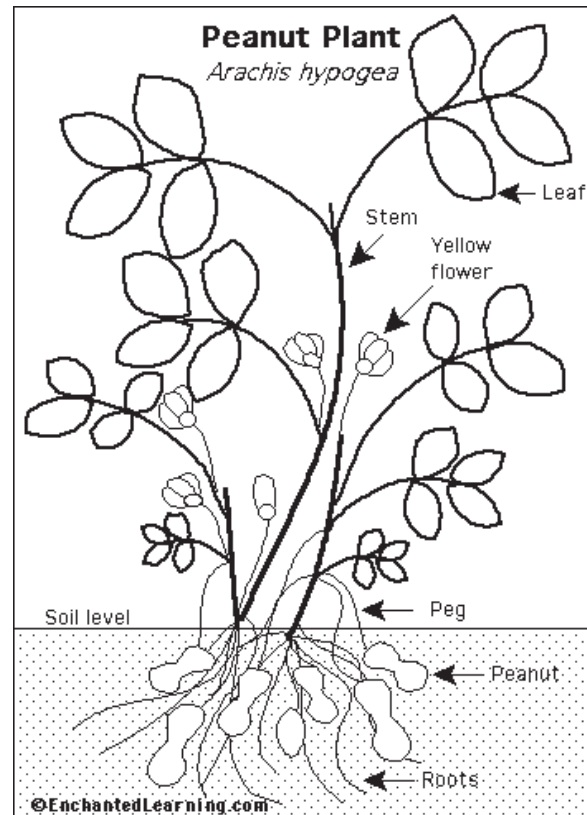
Peanuts are part of a heart-healthy diet. People eat peanuts as a snack. Peanuts are in other foods like cake, cookies, and candy. Peanut butter is a favorite way to eat peanuts.



PICK THE FOODS YOU LIKE TO EAT WITH PEANUT BUTTER



COLOR THE PEANUT PLANT



NUTTY FACT

Two US presidents were peanut farmers: Thomas Jefferson and Jimmy Carter.

SING-A-LONG ABOUT PEANUTS

SONG: A PEANUT SAT ON A RAILROAD TRACK
TUNE: POLLY WOLLY DOODLE

LYRICS:

A peanut sat
On a railroad track,
His heart was all a-flutter
Round the bend
Came number ten.
Toot! Toot! Peanut butter!
SQUISH!

