



Peanut Butter Positivity

Objectives:

Students will be able to:

- work in collaborative groups to discuss and plan a community service event using peanut butter.

National Learning Standards:

Common Core English Language Arts

- Speaking and Listening Standards K-5; Comprehension and Collaboration, 1: Engage effectively in a range of collaborative discussions with diverse partners on grade 3 topics and texts, building on others' ideas and expressing their own clearly.

Activity Description: Students will discover the nutritional value of peanut butter and its use as an aid tool for malnutrition. Students will work in collaborative groups to build on one another's ideas and create a community service plan to connect food pantries, and others in need, with peanut-based products.

Materials

- Jar of peanut butter
- Paper (1 per group)
- Colored pencils/markers (1 set per group)
- List of local food pantries and/or community service organizations

Activity Steps

Activity Prep: Research local food pantries and community service organizations in your area.

Step 1: Hold up a jar of peanut butter. Ask students what is in the jar. As students answer, push them to explain more. Listen for students to identify nutrients, including protein, necessary for healthy growth and development. Peanut butter also has long shelf-life, which allows it to be stored until needed by food service organizations.

Step 2: Using a projector, white board, or simple

explanation, share the key nutrients found in peanuts and peanut butter.

- Proteins are necessary for structure, function, and regulation of the body's cells, tissues and organs.
- Good fats help you feel full and store energy.
- Antioxidants help reduce the damage of oxygen in tissues.
- Fiber keeps your digestive tract healthy!
- Calories provide nutrient-rich energy for your body.

Step 3: Inform students that peanut butter is used to help people who are malnourished and hungry all around the world. In fact, peanut butter is one of the most sought-after foods at food pantries! Peanut butter is an excellent source of niacin and a good source of vitamin E and magnesium.¹⁶

Step 4: Inform students that they will work in groups to plan and execute a community service event involving peanut butter.

Step 5: Share examples of peanut-based community service events.

- March is National Peanut Month and November is National Peanut Butter Lovers Month. Take some time to prepare PB&J sandwiches for hungry families.
- Peanut Proud, a Georgia-based non-profit organization of the U.S. peanut industry, has donated 2.2 million jars of peanut butter since 2010.¹⁷
- Peanut butter is the number one requested item by food banks in the U.S. Host your own peanut butter drive in your community. Find the tools for a successful drive at: pb4h.org/get-involved/peanut-butter-drive-success-kit¹⁸

Step 6: Share a list of local food pantries and community service organizations as needed. Have groups work to outline a proposed event on the paper provided. After all concepts have been outlined, select a community service concept to pursue as a class!

It's A Fact!

Peanut butter accounts for half of all peanuts eaten in the U.S.¹⁹

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Extension Opportunity: Explore the role peanut butter plays around the world to help save children in poor countries from malnutrition. To find out more, visit Peanut Butter for the Hungry <http://www.peanutbutterforthehungry.org>.

Processing Questions:

1. Why is peanut butter a valuable resource for the hungry in our community?
 - a. Listen for students to describe the nutritional benefits of peanut butter.
2. Consider the ideas our class generated. Which idea has the greatest potential to positively impact our community? What is our next step?
 - a. Answers will vary.