

Commodity Peanut Butter – Teacher Guide

Objective: To teach how to creatively use commodity peanut butter in recipes and briefly talk about peanut food allergies.

Icebreaker: Ask participants: *“Who was George Washington Carver and what did he have to do with peanuts?”*

[George Washington Carver is considered by many the father of the peanut industry. He began his research on peanuts about 1903. He invented hundreds of peanut products. Some of the peanut products he invented were face creams, wood stains, ink, flour, and breakfast foods. He researched not just peanuts but other foods like sweet potatoes, soybeans and pecans. He was a great African-American scientist who was born the son of a slave. He left home around the age of ten so he could find a school that would give him an education. He was thirty years old when he enrolled in college. After graduation with a Bachelor of Science and a Master of Science degree, he joined the faculty at what is now known as Iowa State. He later became the director of what is now called Tuskegee University. He valued education and donated his life savings to the Carver Research Foundation at Tuskegee.]

Read the Peanut Butter Questions to your participants. But first share with participants: *“I am going to read to you several questions concerning peanut butter. Just listen to the questions and don’t shout out the answers. If you do not know the answers that’s OK because it will be fun and interesting to learn the answers in today’s lesson. At the end of today’s lesson, we will review the questions one more time to make sure everyone has learned the answers.”*

Peanut Butter Questions

T or F 1. Peanuts are sometimes called “groundpeas” or “groundnuts”.

True *Peanuts may also be referred to as “goobers” which is of Bantu origin (Central and southern Africa).*

T or F 2. Peanut butter is low in fat and cholesterol.

False *Peanut butter has no cholesterol. It is high in fat but mostly mono- and polyunsaturated fats.*

T or F 3. Adults and children can be allergic to peanuts.

True *Both adults and children can be allergic to peanuts. True food allergies can be a life threatening situation and should not be taken lightly. See a health care provider if you suspect you or a family member has a food allergy.*

T or F 4. Peanuts are a good source of protein.

True *Peanuts are a good source of plant protein.*

T or F 5. Peanuts are a tree nut like walnuts or almonds.

False *Peanuts are actually a legume like beans and pea. Peanuts grow under the ground. Legumes are edible seeds enclosed in a pod.*

Share with participants: ***“Peanut butter is made from peanuts. Here are some interesting facts about peanuts”.***

Peanut Facts

- About 50% of peanuts are eaten as peanut butter.
- Peanuts are sometimes called “groundpeas” or “groundnuts”. Peanuts may also be referred to as “goobers” which is of Bantu origin (Central and southern Africa).
- Peanuts are grown in Alabama, Florida, Georgia, North Carolina, Oklahoma, South Carolina, Texas, and Virginia.
- Peanuts are legumes like beans and peas. Peanuts grow in pods that mature in the soil.
- Peanuts are a good source of vegetable protein. They are high in unsaturated fats, mostly mono- and polyunsaturated fats, and have no cholesterol.

Share with participants: ***“Peanut butter stored on the shelf at room temperature spreads easily. However, opened peanut butter should be stored on the shelf for only 3 months. After that time, store your peanut butter in the refrigerator.”***

How to Handle Commodity Peanut Butter:

- Unopened jars may be stored in a cool, dry place for about 2 years.
- Opened peanut butter keeps about 3 months on the shelf. If not eaten in 3 months the peanut butter should be stored in the refrigerator. Peanut butter has a high fat (oil) content. Oils sitting at room temperature for long periods of time become rancid which gives the food an “off-flavor” that does not taste good.

Uses & Tips

- Peanut butter when stored in the refrigerator can become too hard or stiff to spread. Let it sit at room temperature a short time before using.
- Some peanut butters when stored at room temperature get oily on top. Stirring will mix the oil and the peanut solids together again.
- Peanuts are in the Meat, Poultry, Fish, Dry Beans, Eggs, & Nut Group because they are a good source of protein. One serving of meat is 2-3 ounces. Two tablespoons of peanut butter is equal to one ounce of meat.

- Make your boring peanut butter sandwiches exciting by adding :
 - Sliced fruit
 - Grated carrots
 - Dried fruit – raisins, cranberries, chopped dates or figs
 - Grated cheese

Peanut Allergies

Some adults and children are allergic to peanuts and their allergic reactions can be life threatening. In some individuals, even a very tiny amount of peanut can cause life threatening symptoms.

Here are a few general facts about food allergies:

- ✓ **Food allergies are not common.**
- ✓ **Food allergies are often confused with food sensitivities.**
- ✓ **Food allergies can be life threatening, food sensitivities usually are not.**
- ✓ **A true food allergy causes a reaction of the body's immune system.**
- ✓ **If a member of your family has true food allergies, be extra careful to watch your children for symptoms of food allergies. If a member of your family is allergic to certain foods, consult with your health care provider before feeding those foods to your child.**

Examples of food allergy symptoms:

- Hives, skin rash
- Cramps, diarrhea, nausea, vomiting
- Runny nose, difficulty breathing, tightening of throat
- Itching, swelling and hives of the mouth

If you suspect you or your child may have an allergy to food or food sensitivity, it is critical you check with your health care provider so he/she can help you determine what food is causing the symptoms and determine if it is a true food allergy. Your doctor will be able to recommend what foods need to be eliminated from your diet or your child's diet. You will need to make sure these foods are not present in your child's diet when preparing food at home and when your child is eating away from home.

***True food allergies can be life threatening and care must be taken so you or your child is not exposed to the allergy causing foods.**

Choking

Peanut butter may cause choking in young children. Spread peanut butter very thin on bread and crackers. Also try making the peanut butter thinner and less sticky by mixing it with foods like applesauce or mashed banana.

Activity Suggestions:

- 1** Discuss different ways peanut butter can be prepared for meals. Encourage participants to exchange recipes and cooking ideas.
- 2** Demonstrate making snacks using peanut butter. See enclosed recipe handout.



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University of Illinois Extension provides equal opportunities in programs and employment.

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.