



# Fun Facts

## ELEMENTARY SCHOOL

It takes about 720 peanuts to make one jar of Peanut butter (16. 0z)

Peanuts are not nuts at all! They are beans, like peas and lentils

Elephants really do love peanuts—and they can eat them shell and all!

Peanut butter can be used to make cookies, candy, smoothies, and even ice cream!

Peanuts are one of the only foods that grow underground instead of on trees.

Peanuts help your body grow strong because they are full of protein and energy.

If you lined up all the PB&J sandwiches Americans eat in a year, they could circle the Earth!

The United States grows billions of peanuts every year.



# Fun Facts

## MIDDLE/HIGH SCHOOL

Peanuts are legumes, which means they're related to beans—not almonds or walnuts.

Peanut plants do something unusual called geocarpy: after flowering, they grow their peanuts into the ground.

There are four main peanut types—Runner, Virginia, Spanish, and Valencia—each used for different foods.

The average American eats about 3 pounds of peanut butter each year.

Peanut butter's oil content makes it useful for science experiments, like testing energy and density.

Peanuts are grown on every continent except Antarctica.

Peanuts and peanut butter have been included in astronaut food because they're nutritious and shelf-stable.

Peanut butter contains healthy fats and protein, which help with focus, energy, and muscle repair.