

32 - Peanut Butter and Jelly

Did you know the King of Rock 'n Roll, Elvis Presley, loved PB&J's (with banana & bacon) so much they named a sandwich after him? In fact, PB&Js are the most popular sandwich in America. That's right! And for good reason too!

PB&Js are highly nutritious snacks packed with important vitamins and minerals like calcium, niacin, magnesium, iron and folic acid. And what's more, they're both inexpensive and easy to make.

But do you want to know what's coolest about PB&Js? Of course, you do! Simply click the links below to learn more.

Have you ever wondered where peanut butter comes from? Did you know that, in the past, peanut butter was considered a great delicacy? Many people assume that peanuts are nuts, but they are actually a legume like peas and lentils! Did you know that peanuts don't grow from bushes or trees, but from deep underground? There are so many things to learn about this fun and amazing food!

>>>Questions we answer on today's episode include:

1. Who invented the PB&J?
2. Are PB&J sandwiches actually healthy for you?
3. Do folks eat PB&Js all over the world or just in America?

Grow Their Mind

Now you probably know many people are allergic to peanuts. In fact, some kids can't even be in the same room as a peanut! But it's okay! There are tons of healthy and delicious alternatives to peanut butter that you can use in your sandwiches like: sunflower butter, tahini, cookie butter (yes, I know, your stomach is already growling), coconut butter, soy butter and more.

Check out this cool article by [KidsHealth](#) which explains what a peanut allergy really is and what to do if you or someone you love has one.

Did you know that, under the right conditions, peanut butter can make diamonds and glow in the dark?! That's right! Here's an [article about peanut butter](#) that will BLOW YOUR MIND.

Activities

* Try using cookie cutters with your kids to slice PB&Js into fun shapes like dinosaurs, stars, or even Master Yoda from Star Wars!

* Make your own peanut butter! Many grocery stores have peanut grinders that allow you to make your own peanut butter. This is fun because you can make it as creamy or as crunchy as you like. You can also make your own peanut butter at home by crushing peanuts with a mortar and pestle and adding salt and oil. Yum yum!

- * Build a peanut butter bird feeder. Simply slather a pinecone with peanut butter, sprinkle it with seeds and tie it to a string. You can hang your feeder from a tree branch outside to attract birds and squirrels.
- * Celebrate National Peanut Butter & Jelly Day! April 2nd is the day, so mark your calendars.

Additional Resources

- * Check out this fun article about peanuts by [ScienceClubForKids](#).
- * Did you know you can make PBJ slime?! Watch this [video](#) to see how!
- * Take a look at this awesome (and edible) list of [peanut butter crafts](#) for kids.

Kid News

You might think the only thing PB&J can mean is “peanut butter and jelly” -- but an amazing six-year-old named Emerald Diamond from Sanford, North Carolina has proved otherwise! Emerald has invented a NEW kind of PB&J - pajamas, blankets and jackets for the homeless.

This little girl spent the entire month of December raising money for the homeless in her area. She raised \$2,000, which she spent buying toiletries, pajamas, blankets and jackets for the disadvantaged.

Rather than obsessing over what Christmas presents she wanted this year, Emerald took a stand saying, “All the people in the world have everything, and you don’t care about anything but getting presents this year. And you realize you need to care about the homeless people.” You can read more about this amazing little girl and her “PB&J” project for the homeless [HERE](#).

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