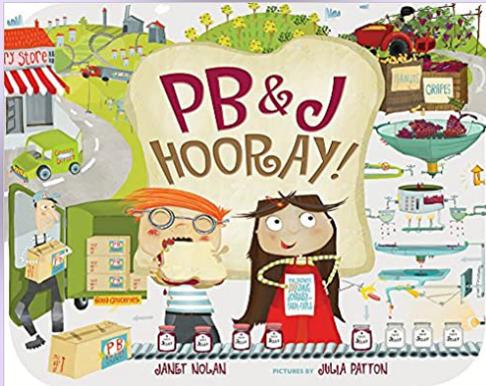


SNAPSHOT

Level: K-2

Time: 35 min.

Activity: Students will engage in a story and participate in an activity to make their very own PB & J sandwich to enjoy a snack!



Purpose

Students will follow the journey that peanut butter and jelly take to make our favorite lunchbox sandwich.

Materials

- ***PB & J Hooray!*** book by Janet Nolan
- Loaf of Bread
- Peanut butter (use sunflower butter or soy butter as an alternative)
- Jelly
- Plate, 1 per student
- Knife, 1 per student

LUNCHBOX Mysteries

Teacher's Guide

LESSON 4

PB & J Hooray!

PROCEDURES

1. Organize and Prepare Materials

2. Background Information

Sources:

nda.nebraska.gov/publications/ne_ag_facts_brochure.pdf
www.nationalpeanutboard.org/wellness/the-journey-peanut-butter-jar.htm

Wheat

Nebraska is the 11th largest wheat producing state in the U.S. with approximately 1 million acres in wheat production. Nebraska produces two types of wheat. Hard red winter wheat and hard white winter wheat. Hard red winter wheat is the main source of flour for loaf bread, hamburger buns and other foods. Nebraska is one of nine states producing hard white winter wheat. About 50 percent of Nebraska's wheat is annually exported to international markets used to make Asian noodles and Middle Eastern flat breads.

Peanuts

Farmers in the southern states plant peanuts in the spring and harvest in the fall. Peanuts grow underground. When peanuts are harvested, they are left in windrows for two to three days to cure or dry out. It takes about 540 peanuts to make a 12 oz. jar of peanut butter. The average child will eat about 1,500 peanut butter and jelly sandwiches before he/she graduates high school.

Grapes

Grapes are grown all over the world. Grapes in the United States rely on certain climates. They need

sunshine, rainfall, and cool nights. As temperatures in the spring warm, the buds begin to emerge from the vines. After a few weeks the buds will bloom. Over summer the grapes will grow and will be ready for harvest in late summer or early fall.

3. Interest Approach

- a. Ask students what their favorite sandwich to eat is.
 - What is on your favorite sandwich?
 - Where do the items on your favorite sandwich come from?
- b. Share with students that we are going to read a story called “PB & J Hooray.”
 - How many of you like to eat peanut butter and jelly sandwiches?
- c. Read the Story
 - As you read the story have students answer the questions that are asked throughout the book. You can ask your own questions to help guide answers.
 - Ask follow-up questions at the end of the story.
 - Where does our food come from?
Plants or animals give us food!
 - Do any of the foods we talked about in this story come from Nebraska?
We grow wheat to help us make bread!
 - Do we grow peanuts in Nebraska?
We do not. Peanuts grow in the southern states!
 - Do we grow grapes in Nebraska?
Yes, there are a few grape growers in Nebraska but most of the grapes used for jelly come from other states.
 - How does our food get to the grocery store?
Delivery trucks!
 - Before the delivery trucks deliver the food to the store where does our food come from?
Bakeries and factories.
 - Before the delivery trucks pick up the food and the bakeries and factories make the food, where do our ingredients to make the food come from?
The farmers field!
 - Do you remember where flour comes from?
Wheat!
 - Where do peanuts grow?
In the soil.
 - Where do grapes grow?
On vines.
 - What do farmers need to grow our food?
They need seeds, water, soil, and nutrients from the soil.
- d. Review that farmers grow our food, it gets delivered to bakeries and factories, and then the truck drivers deliver it to the grocery store for us to purchase!
- e. Now that we know where some of our favorite foods come from, we are going to make our peanut butter and jelly sandwich!

4. Snack Activity-PB & J Sandwich

- a. Ask students where our peanut butter and jelly sandwich comes from.
It has to come from the farmer's field.

- b. Can we grow all of these foods here in Nebraska to help us make our peanut butter and jelly sandwiches?
No, we have to grow peanuts and grapes in other states.
- c. What crop do we grow in Nebraska to help us make our peanut butter and jelly sandwich?
Wheat to make the bread!
- d. What do we need to make a peanut butter and jelly sandwich?
Bread, peanut butter, and jelly.
- e. We are going to each make our own peanut butter and jelly sandwich.
Use the ingredients list and follow the instructions to make your own sandwich.

Ingredients

- Two slices of bread, per student
- Peanut butter
- Jelly

Directions

1. Take your two pieces of bread and place them on your plate.
 2. Using your knife spread peanut butter on one slice of bread.
 3. Add jelly and spread on the other slice of bread.
 4. Place both slices of bread together and enjoy your tasty PB & J sandwich!
5. Ask Follow Up Questions and Make Connection to Agriculture
- a. Where does our food come from?
Our food must come from the farm. Either as a plant or a food product that we get from an animal.
- b. Can we grow some of our ingredients right here in Nebraska?
Yes! We can grow wheat to make bread, but sometimes other states and countries grow food that we cannot grow here, like peanuts to make peanut butter, and even grapes to make jelly!

EXTENSION ACTIVITIES

The Seed Match

www.agclassroom.org/matrix/lesson/497/

Students investigate where food comes from, the parts of plants that we eat, and the difference between fruits and vegetables.

The Boy Who Changed the World

www.agclassroom.org/matrix/resource/227/

This book tells the story of Nobel Laureate, Norman Borlaug. Norman grew up as an average farm boy in Iowa, but later his work as a plant scientist reached far and wide to help improve the growth of wheat, rice, and corn all over the world. This book highlights the benefits of emerging science, but also has an underlying message to teach kids that, "Every choice you make, good or bad, can make a difference."

Amazing BREAD Processing - How It's Made Inside a Factory

www.agclassroom.org/matrix/resource/890/

Watch how wheat is processed into bread at a factory. Beginning with the harvest of the wheat on a farm and ending with slicing and bagging loaves of bread, see the automated machinery that makes bread processing on a large scale possible.