



Name _____ Date _____

Nuts About Peanut Butter

Peanut butter is the best food of all. It is delicious in sandwiches and candy. Experts say that peanut butter is good for your health too. It has vitamins and minerals. Peanuts are also good for your heart.

Peanut butter is made from peanuts and vegetable oil. Did you know that peanuts are not actually nuts? They are more like beans and peas. These foods are called legumes.

People should never share food made with peanuts. Some people are allergic to them. My friend Richard can get very sick if he eats anything with peanuts. When I'm with him, I don't eat peanut butter.

Peanut butter is popular in many places around the world. In some countries, people eat noodles with peanut butter sauce. In other places, people use peanut butter in stews and soups. I like anything made with peanut butter!