Nutritious Nuts

Being nutrient rich, peanuts have been found to have protective function against diseases like cancer, heart disease, and viral or fungal infections. Just a handful of peanuts per day provide enough recommended levels of antioxidants, minerals, vitamins and protein.

Its a cold wintry night. Krish and Trish are coming back from their tuition classes. They have worn their sweaters.

Hey Trish, it is very cold today.

Trish: Yes, winter is already in.

Let's buy some peanuts.

Oh wow!

Aren't these peanuts really yummy.

Yeah, it is the best food for winter.

But why?

Peanuts give the body deep warmth that lasts.

Is this the only benefit of peanuts?

No. Peanuts are rich in energy and contain many health benefiting nutrients.

And how do they benefit?

The nuts are packed with many important B-complex groups of vitamins which help in blood flow to brain.

Wow. This sounds great.

Yes, besides providing energy, they also contain amino acids which will help in growth and development.

What are peanuts?

The peanut or groundnut is a species in the legume or 'bean' family. Though delicious, crunchy and nutty, the peanut is not actually a nut, but a legume related to beans and lentils.

Isn't it amazing?

The world's largest peanut is a monument in the state of Georgia in the USA. The 20 foot tall peanut monument was erected in 1975 at Turner County, which is known as the peanut capital of the world.

Did you know?

Peanuts is an American comic strip written and illustrated by Charles M. Schulz. It was the most popular comic strip which ran for 50 long years and its reruns still continue!

Peanuts contain protein, oil, B vitamins and carbohydrates. So we have peanut oil, peanut butter and many other health foods made from peanut.

One nut, many names

Peanuts are also called goobers, goober peas, pindars, ground nuts, earth nuts, monkey nuts and grass nuts.

find the nuts from the word search

Z	H	C	O	C	O	N	U	T	T	N	M	
T	C	C	B	R	A	Z	I	L	R	F	N	
H	U	H	E	C	M	C	L	O	K	A	A	
I	T	N	E	E	S	E	C	O	C	W	L	
C	U	A	G	S	B	A	I	E	P	A	M	
K	N	R	N	B	T	H	P	L	F	L	O	
O	A	C	L	L	C	N	H	C	M	N	N	
R	E	Z	E	A	Z	P	U	A	U	U	D	
Y	P	I	I	A	I	A	I	I	Z	I	L	
C	E	S	L	V	W	U	L	N	P	E	C	
B	I	U	W	E	H	S	A	C	U	N	L	
P	C	S	I	R	E	B	L	I	F	N	G	

ACORN
CHESTNUT
PEANUT
ALMOND
COCONUT
BETEL
PISTACHIO
HAZEL
CASHEW
WALNUT