

## Where Does Chocolate Come From?

Chocolate that we eat starts with cacao trees, also called cocoa trees. Cacao trees grow in a warm climate like Central and South America, Africa or parts of Asia. This tree produces a seed pod and cocoa beans are the seeds inside the pod. Cocoa beans eventually become chocolate.



At the chocolate factory, the beans are cleaned and then they are roasted for up to 2 hours in large rotating drums. The cocoa beans tumble in these drums like clothes in a clothes dryer. As they dry, the beans turn to a rich brown color.

After roasting, the shell of the cocoa bean is removed and the inside of the cocoa beans are then ground by heavy steel plates. This grinding process forms a chocolate liquid. When chocolate liquid is molded and cooled, the product is called unsweetened or bitter chocolate. Sometimes the chocolate liquid is made into dry cocoa powder. When cocoa is made, oil from the cocoa bean is pressed out and is known as cocoa butter.

Add sugar, cocoa butter, and vanilla flavoring to unsweetened chocolate and you have a chocolate candy. If you also add milk, the product is milk chocolate.

Next the milk chocolate mixture goes through heating and cooling cycles before being molded. Finally it is molded into milk chocolate candy bars or it is made into ten-pound blocks of chocolate that are sold to other candy bar manufacturers.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Multiple Choice Questions

Circle the correct answer.

1. Where do cacao trees grow?
  - a. Asia and the United States
  - b. Central and South America, Africa and Asia
  - c. South America and Mexico
  - d. Europe and Africa
2. Where does chocolate come from?
  - a. Pinto beans
  - b. Butterbeans
  - c. Lima beans
  - d. Cocoa beans
3. How are these beans dried?
  - a. By boiling in a pan
  - b. By roasting in a dryer
  - c. By baking in the sun
  - d. By baking in an oven
4. What is unsweetened chocolate?
  - a. It is another name for milk chocolate.
  - b. It is another name for cocoa.
  - c. It is another name for bitter chocolate.
  - d. It is another name for a candy bar.
5. A milk chocolate candy bar needs to contain
  - a. Sugar and cocoa butter
  - b. Sugar and milk
  - c. Sugar, vanilla and cocoa butter
  - d. Sugar, vanilla, cocoa butter and milk
6. How is the chocolate that candy bar makers buy sold to them?
  - a. As processed milk chocolate
  - b. As cocoa powder
  - c. As cocoa butter
  - d. As cocoa beans

## The Best Garden Helper



Many years ago I moved from the city to the country. One of the first things I did was to make large vegetable garden. It was hard work to change the grassy area to a fine garden. Imagine how much work it must have been for the early pioneer families to break the native sod by hand. I planted a full garden that first year – everything from root vegetables like carrots and beets to green beans, corn, tomatoes, zucchini, acorn squash, and melons. A root vegetable means that we eat the root of the plant that grows in the soil instead of the part that grows above ground.

My best friends Fritz and Heidi, both German shepherd dogs, loved to play out in the country. They enjoyed discovering all the new sniffs of rabbit trails and deer. A garden was something new to the dogs. At gardening time Heidi preferred to go exploring but Fritz would stay close to me and help.

Once in awhile I would find a cucumber at the side of the garden with dog teeth marks in it. Who do you think tasted the cucumbers? Since Heidi didn't stay near the garden, it must have been Fritz!

One day Fritz went into the garden. He sniffed among the leaves of the melon vines growing close to the ground. Why, he had discovered ripe melons by their smell! Knowing when melons are just right to pick is very hard for humans. But Fritz knew the exact right time to pick each melon in the garden. From then on, Fritz was my best garden helper even if he did sometimes eat the cucumbers.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Multiple Choice Questions

Circle the correct answer.

1. Which of the following vegetables are root crops?
  - a. Tomatoes
  - b. Green beans
  - c. Beets
  - d. Corn
  
2. Pioneer families had a hard time gardening because
  - a. They didn't know how to plant a garden
  - b. They had to break up native sod
  - c. There wasn't enough rain
  - d. Their dogs didn't know how to help
  
3. What kind of dogs are Fritz and Heidi?
  - a. German shepherds
  - b. Labrador retrievers
  - c. German short-hair pointers
  - d. Australian shepherds
  
4. Did Heidi help with the gardening?
  - a. Yes, she stayed close by and helped.
  - b. Yes, she stayed close by and napped.
  - c. No, she stayed at home instead.
  - d. No, she went exploring instead.
  
5. Where do melons grow?
  - a. On trees
  - b. Below the ground as root vegetables
  - c. On stalks
  - d. On vines

## **Grandmothers, Baby Chicks and Other Things**

Teachers have moms and dads, brothers and sisters, and grandmothers and grandfathers just like you do too. It's hard to think that once your teachers were kids like you are now. I'm your teacher and I'd like to tell you a little bit about when I was just five or six years old.

I lived with my Mom and Dad and little brother at a house in the country. My grandparents lived in a house close by and they had a huge yard. Their yard was big enough to be like a miniature farm. There was a cow that grazed grass in the pasture. There was a big garden that grew all kinds of vegetables for us to eat. There was even a grape arbor where large purple grapes hung in clusters.

For me, the most interesting place was the chicken house. There were eight hens in the chicken house that laid fresh eggs and one rooster that would crow every morning to wake us up. In the spring my grandmother would put some of the eggs in the warm incubator so they could hatch into baby chicks.

After the yellow baby chicks hatched, my grandmother would let me hold one as long as I held it very gently. "Don't squeeze it!" she said. I



couldn't hold the baby chick very long or play with it all. A baby chick is fragile and I could hurt it if I wasn't careful. Pretty soon after a couple of weeks the baby chick grew bigger and stronger and started to get feathers. Then the young chicken could live outside in the chicken house and I could visit it whenever I wanted.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Multiple Choice Questions

Circle the correct answer.

1. The teacher's story takes place when she was
  - a. Just five or six years old
  - b. Living with her mother and father
  - c. Living in a house to her grandparents
  - d. All of the above.
  
2. The miniature farm had one animal with fur. It was
  - a. A dog
  - b. A cat
  - c. A cow
  - d. A rooster
  
3. What color were the grapes that grew on the farm?
  - a. Purple
  - b. Green
  - c. White
  - d. Yellow
  
4. Where did the baby chicks hatch?
  - a. In the chicken house
  - b. In the incubator
  - c. In the girl's hands
  - d. In grandmother's house
  
5. What happened when the baby chick first got its feathers?
  - a. It could fly
  - b. It could live in the chicken house
  - c. It could lay eggs
  - d. It could live at the girl's house

## Labrador Retrievers



Do you know which breed of dog is the most popular in the United States right now? If you guessed the Labrador retriever, you are correct! Perhaps someone in your family or one of your friends has a lab, as they are called, at home.

Labrador retrievers have three different possible colors for their fur: black, chocolate, and yellow, which is actually a light tan color. Labs are usually identified as black labs, chocolate labs and yellow labs.

Labrador retrievers are excellent family pets. These dogs like children and are sociable with strangers, making them a good neighborhood dog as well. Once trained, these dogs are obedient and don't get easily excited. Labs are a rather large breed of dog. A Labrador retriever can be 2 feet tall at the shoulder and weigh 90 to 100 pounds. That's why it is important that they are gentle with children because they are bigger than most children.

The name retriever comes from the fact that these dogs were originally bred to help hunters retrieve game in the field. If a hunter, for example, was hunting for ducks, the Labrador retriever would be able to swim in the water to fetch the duck for the hunter.

Today most Labrador retrievers don't go hunting but stay home and make wonderful family pets. Labrador retrievers love to play ball and Frisbee with the children in their families. Because labs are such patient and obedient

dogs, they make good service dogs to help people who are blind or disabled.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Multiple Choice Questions

Circle the correct answer.

1. What color is not appropriate for a Labrador retriever?
  - a. Yellow
  - b. Brown or chocolate
  - c. Black
  - d. White
  
2. About how tall is a lab at its shoulder height?
  - a. 1 foot
  - b. 2 feet
  - c. 3 feet
  - d. 4 feet
  
3. Labrador retrievers were originally bred for what purpose?
  - a. Guard dogs
  - b. Family pets
  - c. Hunting dogs
  - d. Service dogs
  
4. A service dog
  - a. Helps people who are disabled
  - b. Helps serve dinner
  - c. Helps hunters
  - d. Helps families with children
  
5. Which breed of dog is the most popular in the U.S. right now?
  - a. Golden retriever
  - b. Labrador retriever
  - c. Chesapeake Bay retriever
  - d. Curly-coated retriever



## A Bit About Peanut Butter

George Washington Carver lived from 1864 to 1943. At the beginning of the twentieth century he began America's love affair with the peanut and peanut butter when he studied how to grow peanuts in the southern part of the United States. In 1916 he published a research booklet called How to Grow the Peanut and 105 Ways of Preparing It for Human Consumption, which included three recipes for peanut cookies.



The first peanut butter was interesting because the liquid peanut oil would float to the top of the peanut butter after a little while. If you wanted to make a peanut butter sandwich, for example, you first had to stir the peanut butter to mix the oil back in. In 1922 peanut butter as we have today came onto the market. Joseph Rosefield invented a new method for making peanut butter. Using his method, the oil in the peanuts remained in the peanut butter. A non-separating Peter Pan peanut butter appeared on the American scene in 1928, followed by Skippy in 1933.

Peanut butter cookies arrived in the American kitchen around 1930. One special feature of home-made peanut butter cookies is the fork markings on the top. The first peanut butter cookie was called Peanut Butter Balls and included directions for flattening the cookie with a fork. Usually cookies that are made from a small ball of cookie dough flattened out all by themselves when they are baked. But peanut butter is heavy and does not flatten out like other ingredients found in cookies. Flattening the peanut butter cookie with a fork lets it bake evenly. Remember though that some kids are allergic to peanuts and peanut butter and cannot eat them.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **A Bit About Peanut Butter**

#### **Multiple Choice Questions**

Circle the correct answer.

1. George Washington Carver is famous because
  - a. He was the first president of the United States.
  - b. He studied peanuts.
  - c. He invented Skippy peanut butter.
  - d. He was Peter Pan's father.
  
2. How many recipes did George Washington Carver have in his booklet?
  - a. 1864
  - b. 1943
  - c. 1916
  - d. 105
  
3. Human consumption
  - a. Is a disease
  - b. Is a game
  - c. Is what humans eat
  - d. Is how to cook food
  
4. Non-separating peanut butter
  - a. Doesn't need to be stirred.
  - b. Was invented by Joseph Rosefield.
  - c. Is still sold today.
  - d. All of the above
  
5. When did people start baking peanut butter coolies at home?
  - a. 1830
  - b. 1922
  - c. 1928
  - d. 1930