

Cookie Trivia

- The average person will eat approximately 35,000 cookies in their lifetime.
- Year after year, more chocolate chip cookies are sold in America than any other type of cookie.
- It has been estimated that 50% of all cookies baked at home are chocolate chip cookies.
- Ruth Graves's original chocolate chip recipe is still printed on the Nestlé Semi-Sweet Chocolate Morsels package.



Did You Know...?

- Cocoa beans (from which chocolate is made) only grow in tropical climates.
- Milk is an important ingredient in milk chocolate. Milton Hershey built his first factory surrounded by dairy farms so he would have fresh milk to make his chocolate.
- Both beet sugar and cane sugar are important ingredients in making chocolate. Sugar beets grow in California and North Dakota. Sugar cane is grown in Florida, Hawaii, Texas, and Louisiana.



sugar beet



sugar cane

Joke Time

1. What is the opposite of chocolate?
2. Why did the M&M go to college?



Joke Answer:

1. Chocoeatly
2. To become a smarty.



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Links to Agriculture The Science of Chocolate



Food scientists need to understand the **properties** of the ingredients that are used to produce the foods we eat. Food scientists who work with chocolate are no exception. They **MUST** know about the **melting point** of chocolate, or the temperature at which chocolate melts.



M & M's were created with a hard candy shell to keep them from melting in your hands. Candy bar ingredients need to be blended so that they can be poured into a mold to harden into a bar. However, the ingredients in Hershey kisses need to be blended in a stiffer consistency so that that will hold their "kiss" like shape.

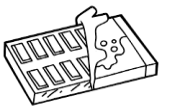


The origin of one of the most popular cookies of all, the **chocolate chip cookie**, has a special story that did not involve a food scientist but a woman named Ruth Graves who was running the Toll House Inn in Whitman, Massachusetts in 1933.

One of the favorite items on the menu was a chocolate cookie which Ruth made by using a Baker's chocolate bar that melted into the batter making a delicious chocolate cookie. One day, Ruth ran out of her Baker's Chocolate and decided to replace it with a broken up semi-sweet chocolate bar. Instead of melting into the dough, the cookies came out with chunks of chocolate in the vanilla dough – and the chocolate chip cookie was born!

The cookie was so popular that its recipe was published in a newspaper and sales for the semi-sweet chocolate bars soared. Due to a huge increase in sales, the Nestlé Company met with Ruth and agreed to a deal that allowed Nestlé to print her recipe on each wrapper in exchange for all of the of the Nestlé Semi-Sweet Chocolate Bars she would need to make cookies for the rest of her life.

The Nestlé Company did two things to make it easier for bakers to use this product. They began **scoring** the chocolate bars so they could be easily broken into pieces and they also included a small chopping tool to assist in cutting the bar into smaller pieces. By 1939, the Nestlé Company began selling packages of the small, ready-to-use semi-sweet chocolate



pieces that we use today. Since that time, food scientists and chocolate manufacturers have added many other sizes and flavors of chips for consumers to use when they bake the famous Nestlé Toll House cookies!

How Well Did You Read?



1. What is one important thing food scientists need to know about chocolate?

2. Was the chocolate chip cookie created intentionally (on purpose)? Explain your answer.

3. The chocolate chip cookie was created in 1933. How many years ago was it created? Show your work.



4. What was the deal between the Nestlé Company and Ruth Graves? Who do you think got the better deal? Explain your thinking.

Chocolate Scented Play Dough



Now that we have talked about some delicious chocolate chip cookies, perhaps you would like to make a delicious chocolate “smelling” recipe called Chocolate Scented Play Dough.

For this recipe you will need an adult to assist with the boiling water. Use standard measuring cups and spoons. Measure ingredients carefully!

1. In a bowl combine and mix:

- 1 ¼ cups of flour
- ½ cup cocoa
- ½ cup salt
- ½ Tablespoon cream of tartar



2. Add:

- 1 ½ Tablespoons of oil
- 1 cup boiling water

3. Stir quickly, mixing well. When cool, mix with your hands. Get out some cookie cutters, rice, marshmallows, chocolate chips, M&Ms and create something wonderful!



**While this dough is taste-safe, we do not recommend eating it after playing.*