

Chocolate:

A Short and Sweet History

We normally think of chocolate as a sweet treat, but it began as a bitter beverage! Chocolate as a food got its start in ancient times, when it wasn't just a dessert – it played an important part in ritual and culture.

In ancient Latin America, chocolate was worshipped – literally! Both the Mayan and Aztec people had gods that they believed were responsible for bringing chocolate to the earth. The two cultures consumed chocolate as a drink, which was popular among nobility. It was believed that the cocoa bean had magical powers, and it was used during major life events like births, marriages and deaths.

Chocolate wasn't mixed with sugar until Europeans came in contact with the Americas in the 1500s. They brought it home to Europe, where it became an expensive import and a symbol of wealth. Instead of chili and corn, Europeans added cinnamon and sugar to chocolate. But because chocolate was imported from another country, chocolate was available only to the upper class and became a symbol of wealth and status.

In the mid-1600s, "chocolate houses," which were like the coffee houses we have today, were a trendy meeting place for English citizens. By the 1700s, chocolate was a part of life for upper-class citizens in Europe; believed to be a nutritious drink with many health benefits. Back in America, chocolate was so popular that it was included in the rations for soldiers on the battlefield in the Revolutionary War.

In the early 1800s, the Industrial Revolution was in full swing, and people quickly found ways of speeding up the chocolate-making process. In 1828, a Dutch chemist found a way to remove some of the natural fat from chocolate, which led to the creation of chocolate in food form. The first chocolate bar was made in 1847, and by 1868, a company called Cadbury began selling chocolate candies. The same year, Nestle invented milk chocolate.

QUESTIONS

1. Which cultures were the first to consume chocolate?

- a. The Swiss and the Dutch
- b. The Mayans and Aztecs
- c. The English and the Mayans

2. How did chocolate become popular in Europe?

- a. People discovered it grew naturally there
- b. Explorers brought it back from the Americas
- c. A famous actor drank it

3. For most of its history, chocolate was mainly eaten by:

- a. Everyone
- b. Peasants
- c. The upper classes

4. Why was chocolate so expensive in Europe?

- a. It was so delicious!
- b. It took a long time to make
- c. It was imported from another country

1. b 2. b 3. c 4. c

Make it like the Mayans!

Here's a quick recipe for making a chocolate drink similar to what Mayan and Aztec people might have consumed.

WHAT YOU NEED:

- Cocoa beans (or unsweetened cocoa powder if you want to save time)
- Cornmeal
- Chili powder
- Vanilla

WHAT YOU DO:

- Grind the cocoa beans to a powder (you can also buy)
- Mix with cold water and slowly add in cornmeal. Stir it until a froth forms.
- Add the chili powder and vanilla to taste.

Different cultures would customize their chocolate drinks with local foods and ingredients. What foods that grow in your area would taste good in hot chocolate?



Mayan pottery painting of a woman grinding cacao beans.

Painting of a Spanish "chocolate party."



LITERARY ANALYSIS

CHARACTERS

Name _____ Date _____

WHAT IS A CHARACTER?

A character can be a person, a place, or a thing that performs in the stories that we read. Authors will use **characterization** to show different sides of their character's choices, actions, appearance, speech, and personality.

Characters are the window into a story. Without them, there just wouldn't be a story!

CHARACTER TYPES

PROTAGONIST

A protagonist is a character that the story revolves around.

ANTAGONIST

Antagonists oppose protagonists and make it difficult for protagonists to meet their goals.

MINOR CHARACTER

These characters have smaller roles, and often help the protagonist out.

STATIC CHARACTER

This character never changes in the story and always stays the same.

DYNAMIC CHARACTER

These characters change in really important ways.

INSTRUCTIONS

Read the following short story. Pay close attention to all of the characters and how they interact with one another. As you read the story, you'll encounter a few questions you will need to answer about characters. As you write your answers, be creative!

The Tale of Peter Rabbit

BY BEATRIX POTTER

Once upon a time there were four little Rabbits, and their names were— Flopsy, Mopsy, Cotton-tail, and Peter. They lived with their Mother in a sand-bank, underneath the root of a very big fir-tree.

"Now, my dears," said old Mrs. Rabbit one morning, "you may go into the fields or down the lane, but don't go into Mr. McGregor's garden: your Father had an accident there; he was put in a pie by Mrs. McGregor."

"Now run along, and don't get into mischief. I am going out." Then old Mrs. Rabbit took a basket and her umbrella, and went through the wood to the baker's. She bought a loaf of brown bread and five currant buns.

Flopsy, Mopsy, and Cotton-tail, who were good little bunnies, went down the lane to gather

blackberries; But Peter, who was very naughty, ran straight away to Mr. McGregor's garden, and squeezed under the gate!

First he ate some lettuces and some French beans; and then he ate some radishes; And then, feeling rather sick, he went to look for some parsley.

But round the end of a cucumber frame, whom should he meet but Mr. McGregor!

Mr. McGregor was on his hands and knees planting out young cabbages, but he jumped up and ran after Peter, waving a rake and calling out, "Stop thief."

Peter was most dreadfully frightened; he rushed all over the garden, for he had forgotten the way back to the gate.

QUESTION 1: Who is the protagonist? Explain in detail, based on what you've read, why you believe this character is the protagonist.

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He lost one of his shoes among the cabbages, and the other shoe amongst the potatoes.

After losing them, he ran on four legs and went faster, so that I think he might have got away altogether if he had not unfortunately run into a gooseberry net, and got caught by the large buttons on his jacket. It was a blue jacket with brass buttons, quite new.

Peter gave himself up for lost, and shed big tears; but his sobs were overheard by some friendly sparrows, who flew to him in great excitement, and implored him to exert himself.

Mr. McGregor came up with a sieve, which he intended to pop upon the top of Peter; but Peter wriggled out just in time, leaving his jacket behind him.

And rushed into the toolshed, and jumped into a can. It would have been a beautiful thing to

hide in, if it had not had so much water in it.

Mr. McGregor was quite sure that Peter was somewhere in the toolshed, perhaps hidden underneath a flower-pot. He began to turn them over carefully, looking under each.

Presently Peter sneezed— "Kertyschoo!" Mr. McGregor was after him in no time, And tried to put his foot upon Peter, who jumped out of a window, upsetting three plants. The window was too small for Mr. McGregor, and he was tired of running after Peter. He went back to his work.

Peter sat down to rest; he was out of breath and trembling with fright, and he had not the least idea which way to go. Also he was very damp with sitting in that can.

After a time he began to wander about, going lippity—lippity—not very fast, and looking all around.

QUESTION 2: Who do you believe is the story's antagonist?

QUESTION 3: What are some ways the story's antagonist and protagonist interact with each other?

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He found a door in a wall; but it was locked, and there was no room for a fat little rabbit to squeeze underneath.

An old mouse was running in and out over the stone doorstep, carrying peas and beans to her family in the wood. Peter asked her the way to the gate, but she had such a large pea in her mouth that she could not answer. She only shook her head at him. Peter began to cry.

Then he tried to find his way straight across the garden, but he became more and more puzzled.

Presently, he came to a pond where Mr. McGregor filled his water-cans. A white cat was staring at some goldfish; she sat very, very still, but now and then the tip of her tail twitched as if it were alive. Peter thought it best to go away without speaking to her; he has heard about cats from his cousin, little Benjamin Bunny.

He went back towards the toolshed, but suddenly, quite close to him, he heard the noise of a hoe—scr-r-ritch, scratch, scratch, scritch. Peter scuttered underneath the bushes. But presently, as nothing happened, he came out, and climbed upon a wheelbarrow, and peeped over. The first thing he saw was Mr. McGregor hoeing onions. His back was turned towards Peter, and beyond him was the gate!

Peter got down very quietly off the wheel barrow, and started running as fast as he could go, along a straight walk behind some black-currant bushes.

Mr. McGregor caught sight of him at the corner, but Peter did not care. He slipped underneath the gate, and was safe at last in the wood outside the garden.

Mr. McGregor hung up the little jacket and the shoes for a scare-crow to frighten the blackbirds.

QUESTION 4: How would you characterize (describe) Peter Rabbit?

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CHARACTERS

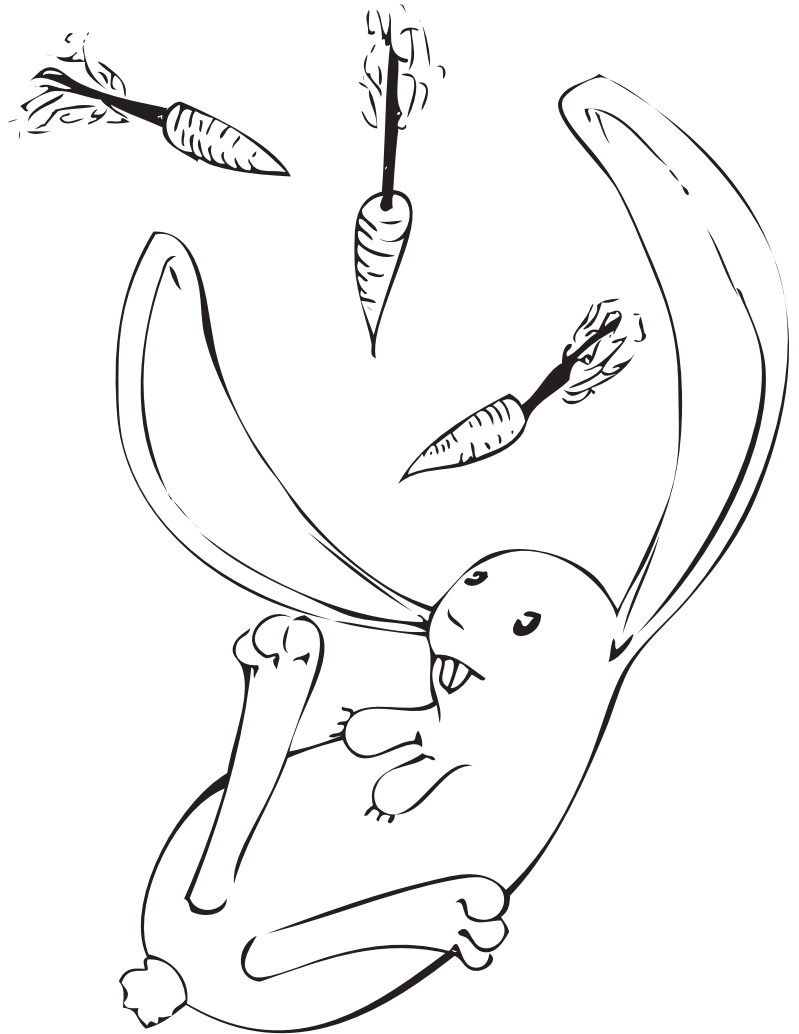
Peter never stopped running or looked behind him till he got home to the big fir-tree. He was so tired that he flopped down upon the nice soft sand on the floor of the rabbit-hole, and shut his eyes. His mother was busy cooking; she wondered what he had done with his clothes. It was the second little jacket and pair of shoes that Peter had lost in a fortnight!

I am sorry to say that Peter was not very well during the evening.

His mother put him to bed, and made some camomile tea; and she gave a dose of it to Peter! "One table-spoonful to be taken at bed-time."

But Flopsy, Mopsy, and Cotton-tail had bread and milk and blackberries for supper.

—End



QUESTION 5: Who is a good example of a static character in this story? There can be more than one!

QUESTION 6: Do you think Peter Rabbit changed? Why?

Explore Heat Waves!

phenomenal science

Nine years ago, in 2003, Europeans had to deal with one of the scariest natural events in recent history. From July to August 2003, one of the hottest summers in record devoured European countries. The giant heat wave led to a catastrophic crisis, causing drought and famine in Southern Europe and *killing around 35,000 people*.

Not all **heat waves** are the same. While the lethal **2003 European Heat Wave** stuck around for a full month, other waves can last only a few days. Some **heat waves** have high humidity, while others are dry. **Heat waves** vary in length, temperature, and conditions.

Heat waves can form in many ways. Often, these prolonged periods of excessive hot weather forms when warm, high pressure systems stop moving and stick around in a certain region. Flows of air called **jet streams** steer the movements of these high and low pressure areas, and can sometimes bring in unusually hot air into the area. This causes a **heat wave**. If there's no rain or clouds to cool things off, the heat will persist. Cities are especially vulnerable to heat waves since they lack forests and cooling pools of water, like lakes. This is known as the '**urban heat island**' effect, and can make a heat wave hotter and longer.

It's important to stay safe during hot summer periods. *Heat waves are dangerous*. The hot air can kill people by exhausting their bodies and can cause heat stroke, exhaustion, cramps, and many other ailments.

Historical Heat Waves

1980

1980 U.S. Heat Wave

Most of the midwestern U.S. and Southern Plains were devastated by this great heat wave, over the summer of 1980. 1,700 lives were lost during this tragic event, costing the U.S. nearly \$20 billion dollars in agricultural damages.

2003

2003 European Heat Wave

The European summer of 2003 was one of the hottest recorded summers in history - reaching temperatures unseen since the 1500s. The heat wave hit several countries, creating droughts, famines, and power outages. 35,000 Europeans lost their lives due to the excessive heat.

2006

2006 N. American Heat Wave

This heat wave spread throughout the United States and Canada, killing nearly 225 people. In some areas, temperatures reached 117 °F.

Safety Tips

1

Stay hydrated!

2

Drink water. Avoid drinking salty, syrupy, carbonated, or caffeinated drinks.

3

If you do go outside, stick with a buddy.

4

Wear light, loose fitting clothes.

5

Try to stay indoors.

6

If you don't have access to air conditioning, take a towel, soak it in cold water, and wear it around your neck. It will keep your body cool.

Explore Heat Waves!

phenomenal science



EARTH'S GREENHOUSE EFFECT

When energy from the sun enters the Earth's atmosphere, it can get trapped. This is called **The Greenhouse Effect**.

When sunlight warms the surface of the Earth, the heat will radiate through the atmosphere and back towards space. Some of this heat is able to escape the planet, but much of the sun's energy is absorbed

by the ocean, the land, reflected back to the earth by clouds, and green house gases like methane and carbon dioxide. This heat then recycles back to our planet and can continue to warm the surface.

Many scientists believe the recent increase in heat wave activities are correlated with the **Earth's Greenhouse Effect**.

After reading the article on heat waves, please answer the following questions:

What are a few tips to stay safe during a heat wave? _____

How do heat waves form? _____

What is the **urban heat island effect**? _____

Find The Clues

Character Profile

Use the same instructions and character profile for this worksheet.

Alice was beginning to get very tired of sitting by her sister on the bank, and of having nothing to do: once or twice she had peeped into the book her sister was reading, but it had no pictures or conversations in it, 'and what is the use of a book,' thought Alice 'without pictures or conversation?' So she was considering in her own mind (as well as she could, for the hot day made her feel very sleepy and stupid), whether the pleasure of making a daisy-chain would be worth the trouble of getting up and picking the daisies, when suddenly a White Rabbit with pink eyes ran close by her. There was nothing so VERY remarkable in that; nor did Alice think it so VERY much out of the way to hear the Rabbit say to itself, 'Oh dear! Oh dear! I shall be late!' (when she thought it over afterwards, it occurred to her that she ought to have wondered at this, but at the time it all seemed quite natural); but when the Rabbit actually TOOK A WATCH OUT OF ITS WAISTCOAT-POCKET, and looked at it, and then hurried on, Alice started to her feet, for it flashed across her mind that she had never before seen a rabbit with either a waistcoat-pocket, or a watch to take out of it, and burning with curiosity, she ran across the field after it, and fortunately was just in time to see it pop down a large rabbit-hole under the hedge.

Character Profile

Name: _____

Gender (male/female): _____

Age: _____

Birthplace: _____

Physical features (what does the character look like): _____

Type of home/ neighborhood: _____

Time in history: _____

Brothers and sisters: _____

Mother and father and their occupations: _____

Friends: _____

Enemies: _____

Other important people: _____

Likes and interests: _____

What bores or annoys the character?: _____

Attitude toward work or school: _____

Strongest positive personality trait: _____

Strongest negative personality trait: _____

Situation or problem the character is facing: _____

Name: _____

Date: _____

Simple Summary Reading Log

After reading, complete the organizer. Then, use the keywords (wanted, but, so, then) to summarize, or retell, the story in the space provided.

Title/Chapter:

Somebody

Who is the main character?

Wanted

What does the main character want?

But

What is the problem?

So

How does the character try to solve the problem?

Then

How does the story end?

Summary :

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Date: _____

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