

I Love Chocolate IP

Required: Learn the history of chocolate and how it is grown and processed from the cocoa bean to the candy bar. Are there any environmental or social concerns in the chocolate industry? What actions would you recommend?

Learn:

1. Learn about chocolate consumption in the United States and other countries. Which country eats the most chocolate? Use the Internet or visit your local library to find out the most popular brands of chocolate in the U.S.
2. Learn about different types of chocolate. What makes them different? Find out the nutritional value of chocolate. How can you make chocolate or other sweets part of a healthy diet?
2. Explain what at least 4 of these terms mean: tempering, enrobing, bloom, cocoa butter, chocolate liquor, hard ball vs. soft ball. Or do the Chocolate Matching Worksheet.
4. Tour a place that makes chocolate candy. Interview the people who work there. What type of education is required?

Do:

1. Prepare a 3 course meal, including an appetizer, main dish and dessert. Each course must include chocolate as an ingredient.
2. Blind taste test various types and brands of chocolate. Which one did you like the most? Which one did you like the least? Why?
3. Do a troop or family survey. Get everyone to keep a record of the chocolate they eat over a week. How do your results compare?

4. Make at least one recipe of fudge. Investigate the various flavors of fudge that can be made.

5. Re-write a scene from a movie so that Chocolate is the bad-guy. What kinds of problem is he causing? Who is the good-guy? How will he be defeated? (This can be hysterical - be sure to plan to video tape!)

Share:

1. Use your baking skills to help out someone in the community, such as senior citizens, children living in a shelter, a food bank, etc.

2. Make up your own drink recipe using cocoa powder, drinking chocolate, or a bar of chocolate. Prepare it and ask your troop or group to taste test it.

3. Make a troop collection of chocolate recipes from all over the world. Prepare one of the recipes and share it with another Girl Scout Troop. Give them copies of your World Chocolate Recipes book.

4. Find out if chocolate can affect your mood. Make a poster with this and other nutritional information and present it to the troop.

5. Using a variety of techniques (using molds, dipping etc), make chocolate candy and donate it to a charitable organization.