



# Quebec Chocolate Challenge

*-An old Favourite! Crests are once more available*



## All branches must do A or B and up to 9 challenges below.

Sparks must complete 3 other challenges, Brownies 5, Guides 7, Pathfinders and Senior Branches 9.

### A. Build a Chocolate Timeline.

Chocolate has been around a long time. Learn about the history of chocolate and how it first came to North America. Then create a timeline showing the important dates in chocolate history.

OR

### B. Do Some Chocolate Geography.

Learn about how beans become chocolate. Using a world map, locate where cacao beans are grown. Where is most chocolate processed and consumed? What journey does the cacao bean undergo from picking to ending up as a bar of chocolate?

<http://prod.thestoryofchocolate.com/index.cfm>

## Challenges:

- 1. Play a Kim's Game.** Cut 10 different chocolate bars into pieces. How many different kinds of bars can you identify by looking at the cross sections?
- 2. What is fair trade chocolate?** Which companies produce it? Compare the cost of a bar of fair trade chocolate with other well-known bars of an equivalent size.
- 3. Become a Chocolate Tester.** Hold a chocolate tasting event. What is the difference in taste between "bitter, semi-sweet and sweet" and "milk, dark and white chocolate"? Which do you like best?
- 4. Find chocolate facts.** There are many myths and misconceptions about chocolate. Research three of the following: chocolate and acne, antioxidants, caffeine, cravings, tooth decay, nutrients, weight control, or cocoa butter.
  - <https://morkeschocolates.com/chocolate-facts/>
  - <https://authoritynutrition.com/7-health-benefits-dark-chocolate/>
  - <http://www.mnn.com/food/healthy-eating/stories/top-11-chocolate-myths>
- 5. Create a Chocolate Tree.** Using candy bar wrappers, create a chocolate tree. Compare the nutritional information on the wrappers. Which have the most and least calories? Why? Organize the wrappers to reflect their nutritional qualities.



- 6. Share a chocolate recipe.** Bring in your favourite recipe involving chocolate and share it with your friends. Put together a cookbook for your Unit.
- 7. Be Daring.** Make instant chocolate pudding together, then finger-paint with it.
- 8. Chocolate as money.** Explain that a long time ago, a group of people used cacao beans as money. Have the girls pretend that Canada will be using M&M's for money. Discuss the good points and the bad points.
- 9. Do a survey.** Keep a record of all the chocolate you eat over a week. Compare your results with the other girls in your Unit. What brands and varieties of chocolate are the most popular?
- 10. Make sweets.** Make a selection of sweets using melted chocolate. Work out how much they cost to make and compare this with similar store bought chocolate.
- 11. Make a chocolate dessert.** Bring it in and share it with your Unit. Check out the following recipe websites:
  - M&M's: <http://tinyurl.com/h9tf4wt>
  - Tootsie Roll: <http://www.tootsie.com/recipes>
  - Godiva: <http://www.godiva.com/experience-godiva/recipeArticleListing.html>
  - Purdy's: <http://www.purdys.com/Chocolate-Recipes.aspx>
- 12. Make a chocolate craft.** Check out the following website for making a craft out of chocolate:
  - <http://www.bbcgoodfood.com/recipes/hot-chocolate-stirrers>
  - <http://www.practicallyfunctional.com/valentines-day-hersheys-kisses-mice/>
  - <http://tinyurl.com/jrr5akr>
  - [http://www.ehow.com/list\\_7216729\\_chocolate-crafts-kids.html](http://www.ehow.com/list_7216729_chocolate-crafts-kids.html)
- 13. Examine different cookies.** Buy several different brands of chocolate chip cookies. Challenge the girls to estimate how many chips are in different cookies, then take them apart like an archeologist does, and find out how many are really there. You may find out how the cookies are alike or different.
- 14. Create chocolate drama.** Have the girls create funny chocolate stories or skits. 1) The Day it Rained Chocolate. 2) What will I do? I'm locked in a candy store. 3) This is so weird! I took a bite of my \_\_\_\_\_ and ..... 4) A giant chocolate bar came up to me and started crying saying..... 5) One morning, I woke up and had a bad case of chocolate fever/chocolate sniffles/chocolate pops.

Learn more about chocolate and the science behind it at:

<http://prod.thestoryofchocolate.com/index.cfm>

**Crests can be ordered through the GGC-Québec provincial office.**  
Contact [info@guidesquebec.ca](mailto:info@guidesquebec.ca)



## ORDER FORM Québec Chocolate Challenge Crests

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Crests are **\$1.75 each plus tax**. Please complete this form and email it to:  
[info@guidesquebec.ca](mailto:info@guidesquebec.ca)

**Date:** \_\_\_\_\_

**Guider name:** \_\_\_\_\_

**iMIS:** \_\_\_\_\_

**Guider email address:** \_\_\_\_\_

**Unit/District/Area:** \_\_\_\_\_

**Number of crests:** \_\_\_\_\_

*Please mail the crests to:* (Let us know if the crests will be picked up at the office.)

**Name: (if different from above)** \_\_\_\_\_

**Mailing Address:**

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Province:** \_\_\_\_\_

**Postal code:** \_\_\_\_\_

### PAYMENT

We will send you an invoice for the total amount including 5% GST, 9.975% QST and shipping costs. **Payment** is accepted by cheque or credit card.

**Cheques** should be made out to: 'GGC Québec Council' and sent to: GGC QC Provincial office, 100 boul. Alexis-Nihon, Suite 270, Saint-Laurent, QC, H4M 2N7

If you would like to pay by **credit card**, please fill out the details below or phone us at 514-933-5839

Payment by Credit Card:	Credit Card Number			
Visa <input type="checkbox"/> Mastercard <input type="checkbox"/>	Name on card		Expiry Date	/