

NAME: \_\_\_\_\_



# Activity One

## Chocolate Fact Box



Henry liked to eat chocolate on everything! He ate it on mashed potatoes, noodles, and he even ate chocolate bar sandwiches!

His parents although kind were not as wise, as they let Henry eat as much chocolate as he wanted! Henry's father liked to joke that, "*he likes (chocolate) bitter, sweet, light, dark, and daily*".

Find facts about chocolate. To tell Henry and his parents what it is made of. Use these questions to help.

- Where does chocolate come from?
- What is the nutrients in chocolate?
- How much chocolate can you eat in one day?
- How is chocolate made?
- How is chocolate used?
- Who used chocolate first?

Show your facts on a cereal box. Use pictures, facts, slogans, and games. Just like you would find on your favorite cereal box.



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# Activity Two

## Five Food Groups



Henry was in love with chocolate and it seemed that chocolate loved him too! No matter how much he ate he didn't gain weight, it didn't hurt his teeth, it didn't stunt his growth, it didn't harm his skin, and it never gave him a bellyache.

However, Henry learned an important lesson from catching Chocolate Fever. He learned that too much of a good thing could be a bad thing. He now understands that he can't eat whatever he wants whenever he wants it.

To help teach Henry with the lesson he learned, your task is to research the five food groups and make a visual poster that Henry can hang on his fridge.

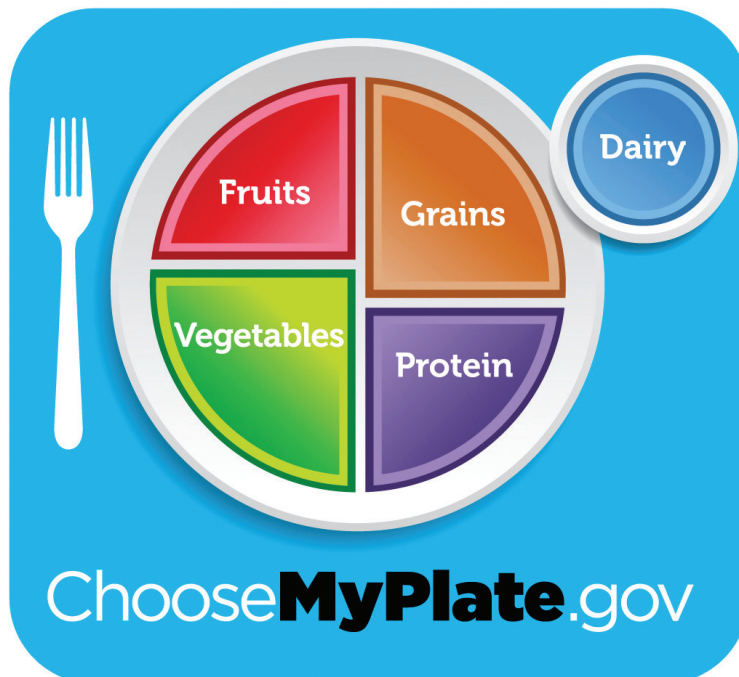
What are the five food groups?

What food is in each of the five food groups?

What is the amount of each food group you should eat daily?

Choose a food from each food group and tell how much of it you can eat daily.

What does water have to do with nutrition?



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# Activity Three

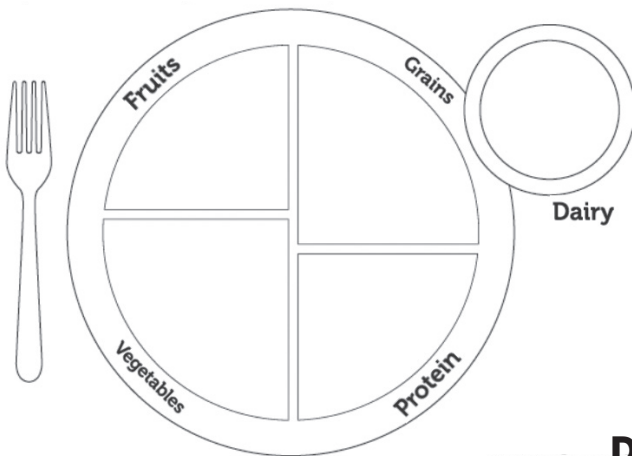
## Healthy Meals



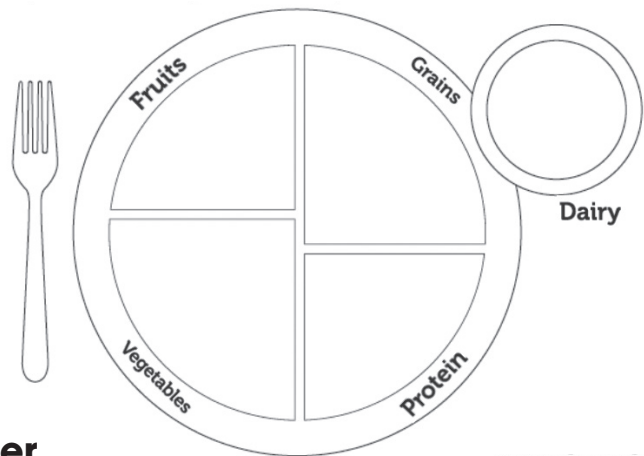
Mac shared a meal with Henry in his truck. Henry had his choice of food. He could eat a ham and cheese sandwich. He could of had chicken spread. He could have had tuna fish. He also could have eaten an apple, raisin cake, or milk. Mac's wife packed his lunch with healthy options!

Using the Five Food Groups, make a healthy breakfast, lunch and dinner for Henry to eat. Your meals should follow the five food groups. Tell how much water he should drink. Tell the amount of each food he can put on his plate.

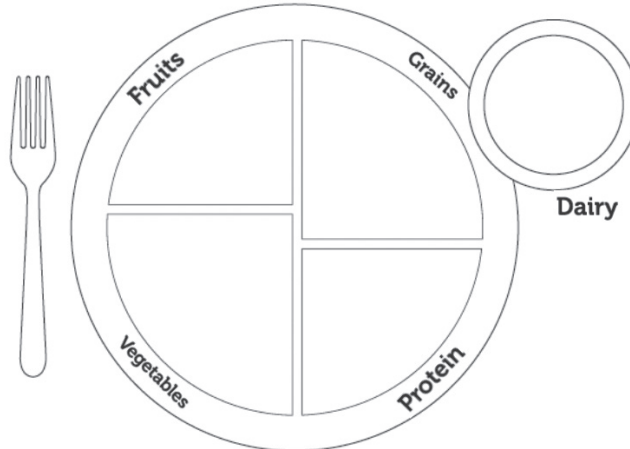
### Breakfast



### Lunch



### Dinner



**Creative Bonus:** Transfer your plates above onto white paper plates. Draw what you chose for Henry to eat for breakfast, lunch and dinner on 3 separate plates.

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# Activity Four

## Create a Chocolatey Recipe

*In the Greens' kitchen pantry there was always a giant supply of chocolate cookies, chocolate cakes, chocolate pies, and chocolate candies of every kind.*  
- *Chocolate Touch*, Chapter 1

Choose one of the treats above. Look up a recipe that you can share with a friend. Use the real amount of each ingredient. Write a step-by-step list. Show how the yummy treat should look.

Title: \_\_\_\_\_

Picture of Treat
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Ingredients:
Steps:
Oven:
Decoration:

*Yummy Bonus: Ask an adult if you can make your recipe. Share it with your friends.*

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# Activity Five

## Job Fair



There are many different jobs that the adults have in **Chocolate Fever**. They include a teacher, a nurse, a doctor, and a truck driver.

Your task is to research each job and answer the following questions.

What tasks does each job do?

What schooling or skills are needed to do each job?

How much money does each job make in a year?

What do people who do these jobs work with?

Where do these jobs take place?

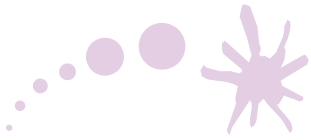
### Creative Bonus:

Create a slideshow for each job. Be sure to include pictures and the important facts that you found above.

You may wish to research a job that interests you and tell why you might want to do this when you grow up. Be sure to include the same facts that you did for the jobs above.







# Activity Six

## An Alternate Ending



### Chocolate Fever Ending:

*There was a small can of cinnamon on the table which Elizabeth sometimes used on her toast. Henry wondered how cinnamon would taste on what was left of his stack of pancakes. He reached out for the canister and sprinkled just a little bit of cinnamon on his plate. Then he tasted it.*

*Hmmm, Henry thought, that's pretty good. In fact, it's very good. I wonder how cinnamon would be on cereal? Like oatmeal, maybe. Or cream of wheat. And maybe cinnamon would be good on other things. Ice cream or French Fries or maybe even... cinnamon milk!*

*And then Henry had still another thought. Could you ever have too much cinnamon? Could a person overdo it and... was there such a thing as Cinnamon Fever?*

*What do you think?*

The author finishes the story with a question. Authors do this to ask a question of their reader. They don't expect to get an answer. It makes a reader think.

Write a short story. It should have a child in it who has Cinnamon Fever. Follow the writing process below to help with your story.

Writing Process	Story Elements
Brainstorm Rough Draft Edit and Revise Peer Edit Create a Final Published Copy	Setting Characters Dialog Description Problem Solution