



Chocolate Makers

Chocolate is one of the most popular foods and flavorings all across the world. From our favorite candies to yummy baked goods to delicious drinks, many of them contain chocolate.

But what exactly is chocolate? Where does it come from? How is it made?

How to earn Chocolate Making patch the Girl Scout way:

Steps:

1. **Discover** the history behind this tasty treat and how it's made.
2. **Connect** with different kinds of chocolate and ways we use it.
3. **Take Action** with a sweet, fun twist on a classic cup of hot cocoa.

Materials Needed:

In order to complete this patch, you'll need a few things:

- ☐ A computer, tablet, or cell phone with internet access
- ☐ Silicone mold 2.5-inch sphere (You can find these at Walmart, Amazon, or where baking supplies are sold.)
- ☐ A pastry brush, small spoon, or unused paint brush
- ☐ A microwave-safe dish to melt the chocolate (or a candy melt pot or double-boiler)
- ☐ A shallow frying pan or saucepan
- ☐ Piping bags or plastic sandwich bags (heavy-duty) for decorating
- ☐ A bag of chocolate melting wafers (These are different from candy melts, which might not be chocolate at all.)
- ☐ Your favorite powdered hot chocolate mix (either in packets or a bulk container), or try making your own powdered hot chocolate mix with this [easy three-ingredient recipe](#).
- ☐ Mini marshmallows, sprinkles, jimmies, crushed candies, different colors of melting wafers, other decorative, edible treats (optional)



Step 1

Discover

Let's DISCOVER where one of our favorite sweet treats comes from and how it's made.

Among all the different kinds of chocolate, there are three main types—white chocolate, milk chocolate, and dark chocolate—but it really all comes down to how the chocolate is made and what ingredients are used to make it. Can you guess what makes some chocolate semisweet (like the chocolate chips you use in cookies) and other chocolate bittersweet (like the chocolate you use to make homemade brownies)? Did you know that white chocolate is softer than milk chocolate?

Activity 1:

Read an article from *National Geographic Kids* about The [Secret History of Chocolate](#).



Activity 2:

Watch [this video](#) from SciShow Kids answering the question, Where Does Chocolate Come From?



Activity 3:

Take a virtual field trip to a chocolate factory with [this video](#) from PBS.



Step 2

Connect

It's time to CONNECT with some of the most common kinds of our favorite sweet treat and all the ways we use them. Below are descriptions and uses of some of the most common kinds of chocolate:

CHOCOLATE LIQUOR:

Also referred to as “unsweetened chocolate,” it is the base of all chocolate. This thick, dark brown paste is created by grinding the inside of cocoa beans into a paste that turns into a liquid when heated. It is 100% cocoa, with no added ingredients. Under high pressure, this paste separates into cocoa butter and cocoa powder.

Fun Chocolate Facts

Each cacao tree produces around 2,500 cocoa beans, and it takes 400 cocoa beans to make one pound of chocolate. If we do the math, 2,500 beans per tree divided by 400 beans to make one pound of chocolate means that each cacao tree can make just over 6 pounds of chocolate.

Chocolate's popularity dates to ancient Maya and Aztec peoples who prepared a hot, bitter drink with cocoa beans from the cacao trees that grew wild in Mexico and Central America.

In the 1800s, people discovered how to make smooth, tasty chocolate for eating. Today, the top chocolate-producing countries include the United States (ever heard of Hershey, Pennsylvania), the United Kingdom, Switzerland, Germany, the Netherlands, and France.

Even though chocolate may be a great sweet treat for humans, that doesn't mean it's good for our four-legged friends. Never feed chocolate to a dog because a chemical in chocolate makes dogs sick.

Cocoa beans come from the fruit of cacao trees, seen here.



PHOTO CREDIT:
Encyclopedia Britannica

WHITE CHOCOLATE:

Easily identified because of its cream or ivory color, this type of chocolate is made by combining sugar, cocoa butter, milk, vanilla, and other ingredients that help the mixture blend together. While yummy to eat on its own, white chocolate is also great for cooking, baking, and decorating.

MILK CHOCOLATE:

This is the most popular kind of chocolate, and what you're most likely to find in your favorite candy bar. Milk chocolate is made by combining chocolate liquor (cocoa solids and cocoa butter) with sugar and milk. It is often sweeter and softer (meaning it melts in your mouth more easily) than dark chocolate, but not quite as sweet and soft as white chocolate.

DARK (SEMISWEET) CHOCOLATE:

Just behind milk chocolate in popularity, dark chocolate is sometimes referred to as semisweet chocolate (like your favorite chocolate chips in cookies). Notably less sweet than milk chocolate, dark/semisweet chocolate is typically made from just two ingredients—chocolate liquor and sugar—but no milk or dairy. It is great for baking when your recipe needs a rich, chocolatey flavor, and it has a lot of health benefits compared to other types of chocolate with more sugar and other added ingredients.

BITTERSWEET CHOCOLATE:

As its name indicates, bittersweet chocolate is often a little more bitter than dark/semisweet chocolate. For most baking recipes, you can use bittersweet or dark/semisweet chocolate, depending on your taste buds. Using bittersweet chocolate in a recipe instead of semisweet chocolate gives your recipe a deeper, less-sweet chocolate flavor.

COCOA POWDER:

This type of chocolate is created when chocolate liquor is separated under high pressure, and the resulting solids are crushed into a powder. Unsweetened cocoa powder is essentially 100% cocoa and is often used in baking—like when you make a chocolate cake or brownies from scratch and not a box—to create a delicious, deep chocolate flavor.

Ask your troop leader or caregiver to go with you to visit a local candy store or bakery shop to discover the different types of chocolate. Taste a few different options and see which you prefer!

Step 3

Take Action

Who's ready to TAKE ACTION and make their very own hot cocoa bombs?

Making hot chocolate bombs, no matter how you do it, is like making pancakes. The first few tries are usually the roughest, but don't give up! With a bit of practice, you will get the hang of it. While you can fill and decorate them differently to match your preferences, the basic instructions below work for most kinds of hot cocoa bombs.

Directions:

1. Begin by melting your chocolate wafers based on the package instructions. Using your spoon or brush, paint a thin layer of melted chocolate onto your molds, chill, and repeat with a second layer. You can always allow your chocolate spheres to harden in the refrigerator or freezer. **PRO-TIP:** Be patient—if the chocolate doesn't harden, your spheres will not hold up.
2. Once hardened, gently remove the half-spheres from your mold and rest them on a chilled tray. Once removed, you can gently set the bottom half-spheres back into the mold to keep them steady.
3. Measure one serving of your pre-made hot cocoa mix and add it to one of your bottom half-spheres along with any fun additions like sprinkles, mini white chocolate chips, peppermint pieces, or marshmallows.

4. Then, warm your shallow pan and gently press the rim of the top half of the sphere against the pan to create an even, melty seam to connect the two half-spheres.
5. Seal the two halves together by very gently pressing the rim of the top half to the rim of the bottom half. Don't hold it too long, or your hands will begin to melt the chocolate! Repeat with the rest of your half-sphere pairs. PRO-TIP: You can always melt a bit more chocolate wafers and use your brush to better connect the rims of your hot cocoa bombs.
6. With all your spheres created, now is the time to let your inner artist shine! To make decorative lines across the top of a sphere, melt your colored or white melting chocolate, mix with color as needed, and place it in a piping bag (or plastic sandwich bag). Cut off the very tip of the bag to form a small hole and drizzle the melted chocolate across the tops of your hot cocoa bombs. From here, you can add sprinkles, sanding sugar, crushed candies, or edible glitter to make your own unique hot cocoa bombs.

RECIPE CREDIT: National Inventors Hall of Fame



All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Chocolate Making patch.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch or order them on the [fun patch order form](#).* A patch may be worn on the back of a vest, sash, or tunic

*Patch shown may be substituted with similar patch, based on availability.

