

T theday.co.uk/now-for-the-issue-that-really-divides-us-4



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Chocs pop: A recent US survey found that 54% of people like milk chocolate best.

Is milk chocolate better than dark? As Hallowe'en approaches, trick-or-treaters wonder what they are going to be given — and hope they are not in for a nasty surprise.

What's happening?

"Would you like a piece of chocolate?" Millie looks up at her grandmother. "Yes, please!" she says happily.

But when she pops it in her mouth — "Ugh!" It is the most disgusting thing she has ever tasted: not the milk chocolate she was expecting, but *dark* chocolate. How horrible!

Find out more

People around the world disagree on lots of different things. But one of the most common arguments is about chocolate. Some people like dark, some like milk — but hardly anyone likes both.

Chocolate is made from the seeds of the cacao tree. These are also known as cocoa beans.

It was originally drunk rather than eaten.

Chocolate was not eaten in Europe until the 16th Century. It slowly became fashionable, and people began buying it in a solid form.

In the 1850s, a Swiss businessman called Daniel Peter invented milk chocolate by adding milk powder. This changed everything — because cocoa beans in their natural state are extremely bitter.

Scientists say that dark chocolate can be good for you, because it contains flavanols, which help reduce **blood pressure**.

Is milk chocolate better than dark?

Some say

Yes! It tastes much sweeter than dark chocolate — so it is a much better sweet treat. Dark chocolate is far too bitter.

Others think

No! Scientists think dark chocolate could be good for you in some ways — but it only applies to dark chocolate, not milk.

Some people say

"In the cookie of life, friends are the chocolate chips."

Salman Rushdie (1947 –), British novelist

What do you think?

Six steps to discovery

1. Connect

How do you feel about this story? -

Do you like milk chocolate or dark chocolate?

2. Wonder

What questions do you have? - For example: How is chocolate made?

3. Investigate

What are the facts? - Pick out one thing we know for certain and one thing we cannot say for sure from this story.

4. Construct

What is your point of view? - You are offered a lifetime supply of either dark or milk chocolate. Think about what you would say.

5. Express

What do others believe? - What is the most delicious food in the world? Take it in turns to say.

6. Reflect

What might happen next? - Imagine you wake up to find that anything you touch turns into chocolate. Write a diary entry about it.

Glossary

Blood pressure - The beating of our hearts keeps our blood at a certain pressure. This pressure can rise when we are stressed, as the heart beats faster.