

Pathfinder Page

1. Describe the process by which cocoa beans are turned into chocolate.
2. List six health benefits of chocolate.
3. Discuss the differences between milk chocolate, sweet chocolate, bitter chocolate, white chocolate and carob.
4. List 10 uses of chocolate in recipes.
5. State the proper storage for chocolate.
6. Discuss the properties of chocolate at:
 - a. cold temperatures
 - b. warm temperatures
 - c. hot temperatures
 - d. very hot temperatures.
7. Make two of the following:
 - a. Chocolate egg
 - b. Chocolate bunny
 - c. Chocolates with soft centres
 - d. Chocolate brownies
 - e. Chocolate chip cookies.
8. Demonstrate the correct way of melting chocolate.
9. Answer the question posed in Judges 14:18.



REQUIREMENTS

Chocolate Honour



Chocolate is an amazing product that turns over \$50 billion worldwide every year. We all know the downsides of chocolate, but it has some surprising health benefits – and as a natural product, it is definitely a gift from God! As with all things that mankind gets its hands on, however, it can be ruined by the processing and addition of fats and sugars, which may make it taste very good, but may also make it sickly and nasty – I am very fussy about my chocolate! I feel that moderation and temperance are key here. Our bodies are the temples of the Holy Spirit and He shouldn't have to share the place with cheap, poor-quality chocolate!

Furthermore, as Christians, we should live our lives in ethically sound ways. The manufacture of chocolate brings up many issues of developing-world farmer poverty, rain-forest demolition, child trafficking and child slavery. The major chocolate companies have a poor human rights record in many cases, and some are still doing nothing to put this right. As Christians, should we really be supporting these organisations, or do we not have a duty to speak out for our brothers and sisters in other countries?

At the 2006 SEC Pathfinder fair, the Maidenhead Pathfinder club had a stall with a chocolate fountain, a challenge ('How will you



spend your pound – chocolate for you or a meal for him?' – 'him' being a hungry child pictured next to an ADRA tin) and new honour packs for sale. We did very well on the chocolate fountain, moderately well on the honour sales and very badly on the starving child. It certainly makes you think . . .

The choice to buy chocolate can work both ways. We can support an ethically sound industry in buying chocolate from fair-trade sources – and thereby enable farmers in some of the poorest countries of the world to support themselves, instead of sending them handouts and teaching them to rely on Western charity, taking away their pride and independence. However, we must also

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recognise that when we buy 'luxury' items, how we choose to use our money affects the giver as much as the recipient. If I am selfish with my God-given resources, a starving child will lose out on health and possibly even life. We need to pray about our selfishness and greed and examine our motives, recognising them for what they are.

God wants the best for His children, and He wants us to enjoy life and be happy. He loves it when we enjoy His good gifts, and there are many good things we can do with chocolate.

We can fundraise by selling baked goods with chocolate or hand-made chocolates, if we do them to a high standard! We can give these items as a gift to those who feel isolated, alone, left out or sad. Chocolate does wonders for these problems!

We can use chocolate to do children's stories in church (though if you distribute any be careful of children with milk and nut allergies, as they are not always allergy-safe; Kinnerton do nut-free chocolate). See <http://www.musicademy.com/2010/12/the-prodigal-confectioner-another-themed-kids-talk-using-chocolate-for-one-creative-idea/>

In a way, the chocolate honour is a metaphor for life – we constantly have to weigh up the good and the bad, we have to think through the issues and we have to make choices. Finally, always remember – 'Whatsoever things are lovely . . . think on these things!'



Chocolate – health benefits?

Science continues to reveal surprising facts about foods and now some treats. Who would ever have thought that chocolate would be listed among the good and the great in regards to therapeutic interventions? Don't get too excited though, as the jury is still out on whether it is truly a 'health food'!

It is dark chocolate, however, that is reported to have the 'health benefits'. In the book *The Top 100 Healing Foods*, the author Paula Bartimeus, nutritional therapist and health writer, makes the following revelation:

'Chocolate lovers can delight in the knowledge that their favourite treat is good for them. Studies have shown that dark chocolate, which has a high cocoa content, contains epicatechin and gallic acids, antioxidants with heart-protective properties. These compounds may promote anti-cancer activity too. Chocolate also possesses phenylethylamine, an amphetamine-like compound that acts as a natural mood enhancer, and theobromine, which is a mild stimulant.'

The author also lists its nutrients as follows:

Vitamins B3, B5, E, beta-carotene, biotin, folate; calcium, copper, iron, iodine, magnesium, manganese, phosphorus, potassium, selenium, zinc; fibre; protein; carbohydrates.

Dr Alan Handysides, Health Director for our world Church at the General Conference of Seventh-day Adventists, commenting on the benefits of chocolate, states that one ounce of dark chocolate with a pure cocoa content of 75 percent or more was found to enhance blood flow to the heart and brain in older adults.

Cautions:

Studies from the Mayo Clinic, however, point to the fact that as dark chocolate has small amounts of caffeine it can cause individuals with insomnia to become more wakeful and interrupt their sleep.

Avoidance of chocolate is also advised for migraine sufferers.

Why not try an even healthier alternative – carob? Here are its nutrient values, which are even more extensive than dark chocolate:

Vitamins B1, B2, B3, B6, C, E, folate, beta-carotene; calcium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silica, zinc; fibre; protein; carbohydrates.

Comparing dark chocolate and carob, nutritional therapist Paula Bartimeus states: 'Unlike chocolate, which is toxic to animals, carob-based treats are considered safe for pets.' So there we have it: a treat you can share with yourself and your pet to enhance bonding. You can't do that with chocolate!

• Sharon Platt-McDonald

BUC Director for Health, Women Ministries and Disability Awareness

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