

Chocolate: Bringing People Together

By Harrison Fink

Chocolate is an important part of our lives. Last summer my family and I went to London. We got on the plane from New York and it was a long plane ride! When we finally got off the plane my mom and I needed some chocolate, so we went to a candy store and saw lots of different candy bars from what we have in New York! We made a plan that we were going to try almost all the British candy. So we had a lot of chocolate over the week that we were there. It was really cool to be trying another country's chocolate! My whole family loves chocolate, and it is something that we bond over. Eating chocolate really does make people happy and cheers them up when they are sad. Studies also show there are health benefits to chocolate.



People come together over their love of chocolate. One example of this is sometimes at lunch I have extra chocolate to share with my friends. If I don't have enough for everybody, I put it in the middle of the table and put it up for grabs. It's fun to look forward to this ritual. Another example is at Passover my cousins and I love to eat chocolate covered matzah – it is part of our holiday tradition



Chocolate can be eaten in many different ways and can be combined with sweet things and salty things. There is a type of chocolate for almost everyone! One example is Ghirardelli makes a chocolate bar with dark chocolate and sea salt. There are also chocolate covered pretzels that are very salty. Hershey's makes what they call Mr. Goodbar, and the inside is nuts



An example of a sweet combination is chocolate covered strawberries, a favorite of mine. Ghirardelli makes a chocolate bar with caramel filling and they also make one with raspberry filling! Nestle crunch has toasted rice in the inside – sweet and crunchy! There are so many ways to eat chocolate. My dad even likes to eat Chicken Mole, which has a spicy chocolate sauce.



Chocolate can be good for you. Chocolate companies make chocolate with different percentages of cocoa. One example is Ghirardelli makes a chocolate bar with about 80% cocoa. The store Citarella makes a chocolate bar with about 30% cocoa that's a big difference from 80% cocoa! An article called "What Chocolate Can Do For You" states that chocolate with at least 70% cocoa is very healthy. Sadly, the darker and more bitter the chocolate, the healthier it is for you.



In conclusion, chocolate is an important part of our lives for many reasons. People can come together over chocolate, chocolate can be combined with many different things, and chocolate can be healthy! Chocolate is an important part of my life and many others!