

# Facts Page

Let these snack and “top of the pyramid” facts enhance your lesson.

Young children like to snack, and that is **GOOD NEWS!** Snacks are an important way to provide needed calories for small tummies. Most snacks should come from the bottom five groups of the Food Guide Pyramid—grains, breads and cereals; fruits; vegetables; milk and dairy and meat/protein. Foods from the top of the pyramid, like the cookies featured in this story, should be viewed as “sometimes” snacks—those that fit in our healthy eating pattern occasionally. A cookie, accompanied by a glass of milk or a piece of fresh fruit, for example, would provide a variety of nutrients and the energy kids need.

Offer children two to three nutritious snacks plus three meals per day. Children age two to five usually need to eat every two to three hours. Younger children may need to eat more often, and older ones will probably be hungry at least that often! Scheduled snacks are an important part of an active child’s eating pattern.

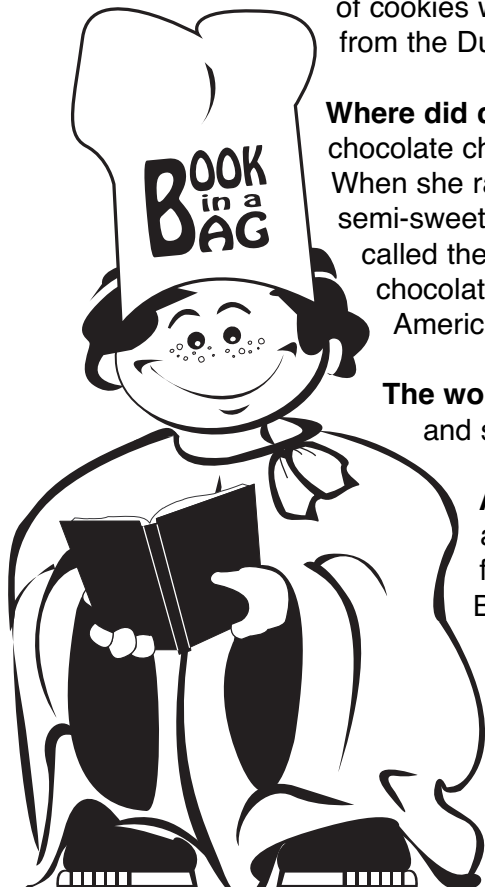
## Fun facts:

**What is a cookie?** By definition, it is a small, flat, sweet cake. It is believed that the first batch of cookies was made in Persia in the 17th century. The word “cookie” stems from the Dutch word “koekje” pronounced “kooka-ya” or little cake.

**Where did chocolate chip cookies come from?** Ruth Wakefield invented chocolate chip cookies in 1930 at her Toll House Inn in Whitman, Mass. When she ran out of baker’s chocolate, she broke up one of the bars of semi-sweet chocolate that neighbor Andrew Nestle had given her. She called the new cookie “the Toll House Cookie.” Today, seven billion chocolate chip cookies are eaten each year. Half of the cookies baked in American homes are chocolate chip.

**The world’s largest chocolate chip cookie** covered 907.9 square feet and served 8,163 people.

**Animal “crackers” are popular cookies, too!** Animal crackers are not really crackers, but cookies that were imported to the US from England in the late 1800s. The string handle on the Barnum’s Animals brand box was created to allow the boxes to hang on Christmas trees. Today, 300,000 animal crackers are produced each hour in the Nabisco ovens.



\*This project is supported by the USDA through a contract awarded by Income Maintenance/Employment Preparation Services, Kansas Department of Social and Rehabilitative Services.\*

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