

## N2K Week 6 Lesson 1

Directions: Read the following passage and answer the questions that follow.

### Marshmallows

(1) Most Americans have enjoyed toasting marshmallows, whether sitting around a campfire or standing over the backyard grill. (2) However, few may know exactly how this fluffy white treat, came to be popular. (3) Actually, a form of today's wildly popular addition to hot chocolate and candy concoctions dates back to ancient times!

(4) As early as 2000 B.C., in ancient Egypt, marshmallows were made from an extract from the root of a shrub-like plant called the "mallow" growing in the marshes. (5) The Egyptians mixed the mallow sap with nuts and honey to make a sweet treat. (6) They thought the candy so special that only royalty were allowed to eat it.

(7) The modern-day marshmallow was created in France in 1850. (8) The first marshmallow-making process was very time-consuming. (9) Sap from marsh mallow plants was mixed with egg whites, corn syrup and water. (10) The mixture was hand-whipped until it was fluffy. (11) It was then poured into individual molds. (12) The candy was ready to eat once it cooled.

(13) Children in the early 1900s enjoyed marshmallows along with other "penny candies" such as licorice sticks and peppermint drops. (14) Marshmallows might have remained a children's treat if it hadn't become an ingredient in cakes, cookies, and gelatin salad recipes. (15) Marshmallows now