

Научно-исследовательская работа

Иностранный язык

How did candies appear?

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Introduction

Glucose is an essential element of nutrition. In the wild, living beings get it from plants or prey. The humanity invented an easy way to consume it – sugar. There are many recipes of sugary products, but since early times candies have been people's favorite food. Who invented this food? How are candies produced? We are going to explore these questions.

The aim of the research is:

- to explore the influence of candies on the human history.

The tasks are:

- to explore the history of sugar;
- to learn the history of candy production;
- to explain how candies are produced;
- to explore if candies are useful.

The History of Sugar

Originally, the cane was chewed raw to extract its sweetness. Sugar refining was developed in the Middle East, India and China, where it became a staple of cooking and desserts. In early refining methods, the cane was ground or pounded to extract the juice, and the juice then boiled down or dried in the sun to yield sugary solids that resembled gravel. The Sanskrit word for sugar (shakkara), also means gravel. Similarly, an ancient Chinese word for sugar means "stone honey."

Later sugar spread to other areas of the world through trade. It arrived in Europe with the arrival of the Moors. Crusaders also brought sugar home with them after their campaigns in the Holy Land, as there they encountered caravans carrying this "sweet salt" as it was called. While sugar cane could not be grown in northern Europe, sugar could be extracted from certain beets and these began to be widely cultivated around 1801, after the British control of the seas during the Napoleonic wars isolated mainland Europe from the Caribbean.

The History of Candies

It is generally believed that the idea of a sweet treat was first conceived by cavemen, who liked honey from beehives. Before they had sugar the Egyptians, the Chinese, the Indians, the people of Middle East, and then the Greeks and Romans combined fruits and nuts with honey to make candy. It is believed that the first sweets were consumed as a sort of medical treatment for digestive troubles.

As civilization began to develop and when sugar processing was discovered it became a highly traded commodity.

Other forms of candy were slowly developed in other parts of the world. The spread of sugarcane, over the next few centuries, would have a major impact especially on the confectionary habits of China. In order to make new confections, the Chinese sweetened all their traditional favorites including ginger, licorice root and nuts with sugar. By the 950 A.D Arabs had invented caramel, which was originally used for hair. They built the first sugar refinery in the world. The Indians were the first to make sugar candy about 250 A.D.

In the 14th century, Venetians began to import sugar to make candy.

During the Middle Ages, sugar candies became very popular. The candy was categorized and sold as a drug. Candies were exclusively for the wealthy people as sugar was very expensive.

Aside from sugar, candy was also made by combining sugar and honey with nuts. Fruit candies were made by combining fruits with sugar and sweets.

The invention of rock candy, also called sugar cane, happened in the 18th century and was used as a medicine, at first. During this time mass production of candy began to be introduced, as sugar got cheaper and machines got more efficient.

The candy history and its development took off in 1800's. Cheaper price of sugar and advancement in mechanization made easier to mass manufacture the confections and for the first time they were available to all people. By the 1850s, there were hundreds of confectionery factories in the United States. The very first sweets included boiled sweets, marshmallows, and one of the very earliest was Turkish delight. Joseph Fry introduced the first candy bar in Britain in 1847. In 1900 Milton S. Hershey invented Hershey's Milk Chocolate. In the 20th century many new kinds of sweets were introduced, such as Tootsie Roll (1908), Milky Way (1923), Snickers (1930), Mars bar (1932), Bounty (1951), Twix (1967) ...

The History of Chocolate

Cacao was invented in Mexico in 1519 and was brought back to Europe by the Spaniards in the country who uncovered it. But, it is recorded that Mayan people were growing cacao as early as 1200BC, but according to the new evidence cacao may have been cultivated even before that.

In the 14th century, "chocolatl", usually served in liquid form, was a favorite treat of the Aztecs. Christopher Columbus brought cocoa beans to Europe.

Eventually, the combination of sugar and cocoa set the confectionery story alight. Chocolate was drunk in Central America before 500 AD. In 1502, Cortez, the Spanish conqueror of Mexico, brought cocoa and the chocolate drink back to Spain. The addition of sugar in this drink made it more palatable, but it took almost another hundred years for the new drink to reach the rest of Europe. The first shop for selling

drinking chocolate was opened in London in 1657. In the late 17th century, the rich began eating chocolate ice cream. Until the 19th century chocolate was only for drinking not for eating. Then, in 1875, Henry Nestle and Daniel Peter invented milk chocolate.

How candies are produced

Candy was first made as far back as 3000 B.C. Archeological evidence indicates that the ancient societies of Egypt, China, and Greece were all involved with candy production using honey mixed with fruits and nuts. During the Middle Ages, a method for refining sugar from sugar cane was developed in Persia. Over the years, this technology was improved and spread throughout Europe.

Candy making or candy making is the preparation and cookery of candies and sugar confections. Candy making includes the preparation of many various candies, such as hard candies, jelly beans, gumdrops, taffy, liquorice, cotton candy, chocolates and chocolate truffles, dragées, fudge, caramel candy, and toffee.

Candy is made by dissolving sugar in water or milk to form a syrup, which is boiled until it reaches the desired concentration or starts to caramelize. The type of candy depends on the ingredients and how long the mixture is boiled. Candy comes in a wide variety of textures, from soft and chewy to hard and brittle. A chocolatier is a person who prepares confectionery from chocolate, and is distinct from a chocolate maker, who creates chocolate from cacao beans and other ingredients. Cotton candy is a form of spun sugar often prepared using a cotton candy machine.

Are candies healthy or unhealthy?

Among all Americans, candy contributes a relatively small proportion of calories, added sugars, and saturated fat to the total diet and recent research suggests that current levels of candy consumption are not associated with risk of weight gain and cardiovascular disease in children and adults.

Sweets can be part of a healthy, lifelong eating pattern. But for the least harm and -- don't forget this - the fullest enjoyment, they should be eaten in moderation. That means in small amounts, or only a couple of times a week.

Any candy contains sugar, which provides a boost for your brain. A bit of sugar can help improve your focus, so you can power through the task at hand. For even more focus, opt for a peppermint variety. Not only will your breath be fresh, but you'll also be more alert with a higher level of concentration.

Conclusion

We studied the history of candy, learned how it is produced, and finally learned that candy is neither bad, nor good if it thoughtfully used in medicine, sport and just for good mood. However, candies accelerated human activity throughout the history and became hardcore for many businesses and even social division.

Sources of information

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