**Movement- How 10 Classic Foods Made Their Way to America**

by Carter Maness and Gabe Luzier

1. Popcorn
More than 4,000 years old, the earliest popcorn kernels were discovered in a Mexican bat cave once occupied by the Cochise Indians. The practice of popping corn was common among Native Americans: Ancient crumbs have been discovered in tombs in Peru, while Aztecs used it to decorate necklaces. In the USA, colonists stumbled upon the snack at the first Thanksgiving in Plymouth, where the chief’s brother carried a batch in a deerskin bag.

2. Gum
Chewing for fun became popular among American colonists after they saw Native Americans chomp on the gummy resin of spruce trees. By the 19th century, Americans were chewing on paraffin wax, which today is used in candles and crayons. But gum as we know it really dates back to the Maya—who chewed dried sapodilla latex, called chicle. This came to Staten Island with the exiled Mexican general Antonio López de Santa Anna in 1869. He tried peddling chicle as a replacement for rubber tires, but local businessman Thomas Adams realized it had potential to be more fun: He invented the Chiclet.

3. Potatoes
The potato was domesticated in Peru about 7,000 years ago, and in 1536 Spanish explorers took it to the continent, believing it was a kind of truffle. British spies considered the potato a superfood and may have snuck it to England, but locals were skeptical. The potato grew underground so the local people in England believed it to be “Satanic.” So they shipped it to Ireland.

4. Pretzels
Monks made the first pretzels, either in Northern Italy or Germany, around 600 C.E. The holy men reportedly took scraps of dough, twisted them to depict arms folded in prayer, and awarded them to children for memorizing Bible verses. Since the Catholic Church banned eggs and bread during Lent, the pretzel became a go-to snack, and it migrated to Austria and Belgium. In the early 1700s, German immigrants brought pretzels to Pennsylvania, which today produces 80 percent of America’s pretzels!
5. Ice cream
The Chinese first packed a mixture of rice and milk in snow 2,200 years ago. Marco Polo brought an early Chinese sherbet to Italy, and the idea of freezing treats then moved on to France. By 1744, it had reached the American colonies, where the insulated icehouse made ice cream as we know it widely available.

1. What are the 5 foods written about in this article?

2. Read the section on popcorn. What are some of the ways popcorn was used in the past?

3. According to the article, what were the different forms of gum in the past? Where did gum first begin?

4. Why did the local people in England not accept the potato? What is your reaction to this?

5. In the section about potatoes the author uses the word "skeptical". Based on the passage what do you think the word skeptical means?

6. Read the section on pretzels. Describe how the pretzel became a popular snack.

7. According to the reading how old is ice cream? How long until ice cream made it's way to America?

8. How is this article an example of the theme of geography "movement"?