

Celebrating National Ice Cream Month

The Perfect Treat for a Hot Summer Month



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The early origins of ice cream date back into ancient times when snow and ice were mixed with fruit, juice, honey or nectar.

Some sources say the ancient Romans invented ice cream, others that world explorer, Marco Polo returned from the Far East introducing a recipe for something like sherbet to the people of Italy. Regardless of the origins frozen desserts were enjoyed by much of the Mediterranean and Europe's ruling class as far back as recorded time.

In the New World, founding fathers, Benjamin Franklin, George Washington and Thomas Jefferson were known to enjoy ice cream and would also serve it to their guests. In fact, first lady Dolley Madison, even served ice cream at her husband's second inaugural ball in 1813.

Ice cream cones weren't invented until the 1904 World's Fair in St. Louis, Missouri when two concession vendors teamed up to solve a problem. One vendor sold ice cream but ran out of serving dishes. The other sold waffles and quickly created a cone-shaped waffle to solve the problem. What started as a happy accident has been enjoyed by the ice cream eating population ever since.

As popular as ice cream is and has been in the US, it wasn't until July 9, 1984, that President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day.

According to a recent survey by the International Dairy Foods Association, America's top five flavors are: Vanilla, Chocolate, Cookies N' Cream, Mint Chocolate Chip and Chocolate Chip Cookie Dough.

Fun Facts about Ice Cream:

- Vanilla is the No. 1 flavor in the United States.
- It takes three gallons of milk to make one gallon of ice cream.
- The average American consumes more than 23 pounds of ice cream each year.
- California produces more ice cream than any other state.
- Almost 9% of all milk produced in the United States is used to make ice cream.

Newspaper Activities:

Look through the recent editions of the newspaper, in print or online and read several editorials. Pretend it's spring 1984 and you're urging Congress and President Reagan to declare a National Ice Cream month. Write a persuasive editorial using facts to back up your argument.

Choose your favorite comic strip character and imagine he or she is enjoying an ice cream treat. What type of treat do you think is his or her favorite? Be prepared to explain *why* you think that. Then, if you'd like, draw the cartoon character eating ice cream.

Additional Resources:

Celebrate National Ice Cream Month by making your own tasty creation. All it takes is a few simple ingredients and some knowledge of chemical engineering! Try Science Buddies' "Ice Cream in a Bag" process and recipe. Go to <https://www.sciencebuddies.org/stem-activities/ice-cream-bag#summary>

This feature is just one part of this newspaper's Newspaper in Education (NIE) program.