I am a favorite food of many people. I wonder if I am one of your favorite foods.

I come from a bean that grows on trees in places such as Africa, Brazil, and Mexico.

People began to grind the beans and make a bitter, but popular, drink from them. Later, they added sugar to the drink. That made the drink even more popular.

People once used these beans as money.

For example, people might trade 5 beans for a dozen eggs; or they might trade 10 beans for a rabbit; or they might spend 3 beans for fabric to make clothes.

Over time, people found new ways to grind, mix, and heat them that made them even better. The beans became more like forms of me that you would recognize today.

Now you can find me in sweets such as cake, candy, and cookies. People still use me in a hot drink.
In the 1930’s, a woman named Ruth Wakefield put some bits of me into her favorite cookie dough. She had invented a cookie that would become famous!

People of long ago used me as medicine. Scientists today say that I can be healthy for you, as long as you don't eat too much.

Written by Linda Anderson

For the complete collection of “What am I?” challenge puzzles, please visit SuperTeacherWorksheets.com.
What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

What am I? I know it!

Name: ______________________
Date: ______________________
Answer: ____________________

~PREVIEW~
Please log in or register to download the printable version of this worksheet.
What Am I?

By Linda Andersen

I am a favorite food of many people. I wonder if I am one of your favorite foods.

I come from a bean that grows on trees in places such as Africa, Brazil, and Mexico.

People once used these beans as money. For example, people might trade 5 beans for a dozen eggs; or they might buy a rabbit for 10 beans; or they might spend 3 beans or more on a drink from their local farmer's market.

People continued to do more and more with the beans. They found ways to grind, mix, and heat them that made them even better. The beans became more like forms of me that you would recognize today.

You can find me in sweets such as cake, candy, and cookies. People still use me in a hot drink. In the 1930’s, a woman named Ruth Wakefield put some bits of me into her favorite cookie dough. She had invented a cookie that would become famous!

People of long ago used me as medicine. Scientists today say that I can be healthy for you, as long as you don't eat too much.

What am I?
I am a favorite food of many people. I wonder if I am one of your favorite foods.

I come from a bean that grows on trees in places such as Africa, Brazil, and Mexico.

People once used these beans as money. For example, people might trade 5 beans for a dozen eggs; or they might buy a rabbit for 10 beans; or they might spend 3 beans on fabric to make clothes.

People began to grind the beans and make a bitter, but popular, drink from them. Later, they added sugar to the drink. That made the drink even more popular.

People found ways to grind, mix, and heat them that made them even better. The beans became more like forms of me that you would recognize today.

You can find me in sweets such as cake, candy, and cookies. People still use me in a hot drink. In the 1930’s, a woman named Ruth Wakefield put some bits of me into her favorite cookie dough. She had invented a cookie that would become famous!

People of long ago used me as medicine. Scientists today say that I can be healthy for you, as long as you don’t eat too much.

What am I?

Answer: I am chocolate.