



# The big debate

## Is hot chocolate better than chocolate milk?

It's a warm treat on cold days, but many people prefer the year-round version.

### What you need to know

- Many instant chocolate beverages can be enjoyed hot or cold.
- Hershey first sold its chocolate syrup in US grocery stores in 1928 and its cocoa beverage powder in 1943. The Nestlé Quik chocolate milk powder was introduced in 1948.
- Recent studies have shown that up to 75% of students choose chocolate milk during school lunches.
- Popular variations of hot chocolate include peppermint, orange, and spicy Mexican hot chocolate.



There's no arguing that chocolate drinks are popular, whether they're hot or cold. In one survey, 34% of Americans named hot chocolate as their favorite holiday beverage, and plenty of people say the season would feel incomplete without the iconic winter treat. Many others, however, prefer a refreshing drink of chocolate milk, which can be enjoyed straight from the refrigerator no matter what time of year it is. One in three adults have said they would drink chocolate milk every day if they had the choice. Three quarters of US schoolchildren agree and drink it at lunch. What do you think? Is hot chocolate better than chocolate milk?

### Yes—it's a cold-weather classic

Hot chocolate is a tell-tale sign that winter and all the festivities that come along with it are here. Whether you're craving a happy holiday drink or a classic cold-weather beverage, hot chocolate fits the bill. As the temperature drops, it can warm both your hands and your stomach. And a cup of hot cocoa is the perfect toasty drink after a busy day of sledding, ice skating, or catching snowflakes on your tongue. Plus, hot chocolate has many flavor variations, like peppermint and cinnamon, and can also be made with tasty toppings like whipped cream and marshmallows. You can't do that with chocolate milk.

### No—it's always time for chocolate milk

While hot chocolate may be a great winter treat, chocolate milk is a staple all year long. You can easily find chocolate milk at grocery stores, both in family-sized cartons and smaller portions you can drink on the go. Chocolate milk is also easy to make at home simply by putting powder or syrup in a cold glass of milk. There's no need to wait around while your milk heats up. And chocolate milk is a classic part of school lunch, adding something special to kids' trays across the US. It also contains much less sugar than hot chocolate topped with marshmallows or whipped cream.

YES

### Three reasons hot chocolate is better than chocolate milk

- 1 Hot chocolate is a timeless, joyous symbol of chilly weather and winter holidays.
- 2 When you've been outside playing in cold weather, hot chocolate is the perfect drink to warm you up.
- 3 You can add many different delicious toppings to hot cocoa, like whipped cream, marshmallows, and spices.

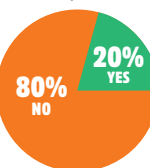
NO

### Three reasons hot chocolate is not better than chocolate milk

- 1 Chocolate milk is a delicious drink year-round, while hot chocolate is really best for cold days.
- 2 Chocolate milk can be bought pre-made, or you can make it quickly and easily without heating up anything.
- 3 Chocolate milk is a school lunch classic enjoyed by children across the US.

### LAST WEEK'S POLL

Last week, we asked if we should stop having classroom pets. Most of you want your slinky, scaly, or furry friends in school: 80% said no, and 20% said yes.



### What do you think?

Now that you've read a bit more about this issue, visit [kids.theweekjunior.com/polls](https://kids.theweekjunior.com/polls) so you can vote in our debate. Vote **YES** if you think hot chocolate is better than chocolate milk and **NO** if you think it isn't. We'll publish the results next week.

**The goal of the big debate** is to present two sides of an issue fairly in order to stimulate discussion and allow our readers to make up their minds. The views on this page do not reflect those of *The Week Junior*, and the page is not funded by third parties.