

**RESPOND
TO A TOPIC:**

National Dessert Month (October)

Read about October as National Dessert Month, and then respond to the questions. Write your response on the lines.



October is National Dessert Month. The word “dessert” comes from the French word “desservir,” which means “to clear the table.” Long ago, desserts were used as palate cleansers to refresh the mouth between savory dinner courses. Over time, though, desserts became reserved for the end of the meal. In the late 1700s and early 1800s, more sweet desserts became available and popular. While some people save room every day for dessert after a meal, others may choose to indulge only on special occasions. Researchers say sweet treats can satisfy cravings, boost happiness, and be good for keeping a healthy balance in life. This National Dessert Month, celebrate all the dessert options out there. Whether you love gelato, pecan pie, or strawberry shortcake, there’s something for everyone.

What are your thoughts on dessert? What’s your absolute favorite dessert, and which dessert could you do without? If you could invent a new dessert, what would it be called, and what ingredients would be included? Explain.
