

## The Pretzel

Legend has it that the pretzel was invented by an Italian monk the year 610 A.D. To reward young children for learning their prayers, he supposedly folded strips of bread dough to resemble the crossed arms of praying children. He called his creation pretiola, which meant "little rewards."

Whether this legend is the true origin of the pretzel, no one knows for sure. Most experts agree, though, that the pretzel does have Christian origins.

- From [How the pretzel got its shape](#).

- Get your family together to form a pretzel-making team! With just a little yeast, warm water, honey, flour, and salt, you'll be able to use this [Easy Pretzel Recipe](#) to make your own homemade pretzels. Here is another recipe to try: [Homemade Soft Pretzels](#). Want to try a sweet pretzel? [Follow this link](#).
- How do you think the pretzel got its unique shape? Make up your own story that tells the tale of the origin of the pretzel's unique knot shape. You can be as creative as you want to be. Your story can be based upon historical legend, like the explanation given in today's Wonder of the Day, or it can be something completely made up. You decide! Have fun and be sure to share your story with friends and family members.