

Words

- **afford** = to have enough money to buy something
- **bean** = small seed
- **cacao** = the seed from which chocolate is made
- **century** = a hundred years
- **contain** = hold , have in them
- **crush** = to break something into many small pieces
- **especially** = above all
- **explorer** = someone who travels to an unknown place to find out more about it
- **flavour** = the way a type of food tastes
- **goods** = products
- **height** = how high something is
- **historian** = someone who is interested in or studies history
- **Maya** = a civilization that lived in Central America up to about 900 A.D.
- **nobleman** = a person who belongs to the highest social class and normally has a title
- **occasion** = time, event
- **originally** = at first
- **plant** = put into the ground
- **popular** = liked by many people
- **power** = here: country
- **ripe** = fully grown and ready to eat
- **seed** = small hard object that is inside plants
- **spice** = a type of powder or seed that you take from plants and use to give food a special taste
- **technology** = methods and ways of making something
- **trade** = deal with ; to give something in exchange for something else
- **valuable** = expensive, costly

Chocolate is a food that is **popular** all over the world. It is made from the **seeds** of the **cacao** tree. It can be eaten and also used as a **flavour** in ice cream, candy and other foods. Many people like the taste of chocolate and those who work hard eat it to give them energy.



HISTORY OF CHOCOLATE

Chocolate **originally** came from Mexico and Central America. **Historians** think that the **Maya** took the wild cacao trees from the rainforest and **planted** them in their own gardens. They **crushed** the **seeds** and mixed them with water and **spices** to make a hot drink.

Chocolate and cacao were very important for the Mayan culture. Families drank a hot chocolate drink at special **occasions** and at parties.

The Aztecs, a people who lived **centuries** later, used cacao beans as a form of money. They **traded** other **valuable goods** to get them because they didn't grow there. Only the rich people had the money to buy cacao and drink hot chocolate.

In the 16th century Spanish **explorers** brought cacao back to Europe, where the drink became **popular** quickly, **especially** among kings, queens and **noblemen**. Other European **powers** began to plant cacao trees in their own colonies.

During the Industrial Revolution new **technologies** were able to make the production of cacao cheaper, so that poorer people could also **afford** it. In the 19th century the beans were pressed together with butter and mixed with sugar into a new form, chocolate.

Today the biggest chocolate producing countries are the United States, Great Britain, Germany, Switzerland, the Netherlands and France.

HOW CACAO GROWS

Cacao trees grow in the tropical regions of South America, Africa and Asia. The biggest cacao **bean** producers are the Ivory Coast, Ghana, Indonesia and Brazil. The cacao tree can grow to a **height** of 7 metres. After about 5 years the cacao trees produce large fruits. When the fruit is **ripe** it can **contain** 20 to 40 **seeds**.



Words

- **addicted** = if you are not able to stop doing something
- **amount** = quantity
- **bar** = in the shape of a block
- **billion** = a thousand million
- **blood pressure** = the force or power with which blood travels through your body
- **business** = industry
- **cacao** = the seed from which chocolate is made
- **cancer** = very dangerous illness in which cells in a part of your body grow in a way that is not normal
- **carbohydrate** = a substance in bread, potatoes and sugar; it gives your body heat and energy
- **certain** = special
- **disease** = illness
- **flavour** = taste
- **grind** = to break something into many small pieces
- **harvest** = collect, bring in
- **mould** = a container that has a special shape ; you pour liquid or another soft material into it so that it takes on the shape
- **obesity** = when someone is very very fat
- **paste** = cream
- **powder** = a substance that is made up of very small particles
- **reduce** = to make lower
- **remove** = take away
- **roast** = to heat in an oven
- **scientist** = a person who is trained in science
- **seed** = small hard object that is inside plants
- **tooth decay** = when your teeth became bad
- **value** = importance

HOW CHOCOLATE IS MADE

After the **cacao seeds** are **harvested** they are transported to factories, where they are cleaned and dried. The outer parts of the seeds are **removed**.

Workers then **roast** the beans to give them a **certain flavour**. The

seeds of the cacao beans have a lot of fat in them. They are **grinded** and mixed together with butter to form cocoa butter.

A dry **powder** can be made by pressing fat and water out of the cocoa butter. This powder is used for baking and also mixed with hot milk to drink.

Chocolate **bars** are made by putting sugar and milk into the cocoa butter. This **paste** is then put into different kinds of **moulds**.

Chocolate making is a big **business**. More than five **billion** dollars worth of **cacao** beans are sold every year. Americans, for example, eat five kilograms of chocolate every year.



Chocolate making machine

VALUE OF CHOCOLATE

Chocolate has a lot of calories but it also has **carbohydrates**, fats, and other vitamins and minerals. It can give you a lot of energy that you need to do sports or hard work.

Scientists have found out that eating chocolate **reduces blood pressure** and the risk of heart **disease** and **cancer**.

There are also negative effects of chocolate. It can make you **addicted** and lead to **obesity**. Chocolate in large **amounts** lead to **tooth decay**.