

NAME : \_\_\_\_\_

CLASS : \_\_\_\_\_

## SECTION A - COMPREHENSION

PSR 2012

Read the passage carefully.

### CHOCOLATE



Chocolate has become one of the most popular food types and flavors in the world. Chocolate can be **moulded** into various shapes and sizes. It can be used as gifts on certain occasions or used in cold and hot beverages to produce chocolate, milk and hot chocolate. It can also be used as an ingredient in foods.

Chocolate is made from cocoa beans which are **ground** into powder. These beans come from a large pot in the cocoa plant which is grown in many tropical countries. Many candies and desserts contain chocolate.

Here are some interesting facts about cocoa beans. Long ago the Indians in Central America used these beans as money. <sup>1</sup>**They** bought and sold things with cocoa beans. Much later, in the sixteenth century, when the Spaniards captured Mexico, they found that the Indians there used the cocoa beans to make a kind of drink called 'chocolate'. This was the first form of chocolate. <sup>2</sup>**It** tasted bitter and the Spaniards didn't like it at all until they added sugar cane to it.

After that, chocolate underwent many changes. C. J. Van Houten a Dutchman, invented a press which squeezed the cocoa butter out of the beans. <sup>3</sup>**He** ground the remaining chocolate into powder and then made it into a drink. He also added sugar to the cocoa butter and made it into bars of chocolate. In the beginning chocolate was quite coarse and **bitter**. Then someone from Switzerland invented milk chocolate by adding milk to the chocolate. Later, others change this milk chocolate into the smooth sweet chocolate we eat **nowadays**.

While chocolate is regularly eaten for pleasure, there are potential health benefits from eating it. Chocolate is often used as a medicine to **eliminate** stress and improve moods as it is known that chocolate has many antioxidants.

When our body lacks antioxidants, it can cause health problems. Dark chocolate is good for our heart. A small bar of <sup>4</sup>**it** everyday can help reduce blood pressure in individuals with high blood pressure as well as reduce cholesterol levels.

However, this this does not mean that you can eat as much chocolate as you like. <sup>5</sup>**You** must eat a balanced diet. You can and enjoy eating chocolate so long as it is done in moderation.

#### Questions 1-5

Look at the words that are numbered in the passage. What does each word refer to? Write the answers in the spaces provided.

Eg : **It** can also be used as an ingredient in foods.

**It** - chocolate

1. <sup>1</sup>**They** - \_\_\_\_\_
2. <sup>2</sup>**It** - \_\_\_\_\_
3. <sup>3</sup>**He** - \_\_\_\_\_
4. <sup>4</sup>**it** - \_\_\_\_\_
5. <sup>5</sup>**You** - \_\_\_\_\_

(5 marks)

Questions 6 -10

Underline the correct meaning of the word as it is used in the passage.

- |                          |       |  |
|--------------------------|-------|--|
| 6. ' <b>moulded</b> '    | means | a. filled<br>b. muddled<br>c. piled<br>d. shaped                                 |
| 7. ' <b>ground</b> '     | means | a. to crunch up<br>b. to crush<br>c. to cultivate<br>d. to hit                   |
| 8. ' <b>bitter</b> '     | means | a. salty taste<br>b. spicy taste<br>c. sweet taste<br>d. unpleasant taste        |
| 9. ' <b>nowadays</b> '   | means | a. the day after tomorrow<br>b. today<br>c. tomorrow<br>d. yesterday             |
| 10. ' <b>eliminate</b> ' | means | a. to get rid of<br>b. to give rise to<br>c. to make it up<br>d. to skim through |

(5 marks)

### Questions 11-15

Answer the questions in complete sentences.

11. What is chocolate made from?

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12. When did the Spaniards find the first form of chocolate?

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13. What did the Spaniards do to improve the taste of chocolate?

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14. How did the man from Switzerland make milk chocolate?

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15. What are the health benefits of eating dark chocolate?

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(5 marks)

|                    |  |
|--------------------|--|
| <b>TOTAL MARKS</b> |  |
|--------------------|--|