READING



CHOCOLATE
PSR 2012



Chocolate has become one of the most popular food types and flavours in the world. Chocolate can be moulded into different shapes and sizes. It can be used as gifts or used in cold and hot drinks. [1]It can be also used as an ingredient in foods.



Chocolate is made from cacao beans which are ground into powder. These beans come from a large pod in the cacao plant which is grown in tropical countries and [2]**it** taste bitter.



Here are some interesting facts about cacao beans. Long ago the Indians in Central America used these beans as money. [3]**They** bought and sold things with cacao beans. Later in the sixteenth century, when the Spaniards captured Mexico, they found that the Indians there used the cacao beans to make a kind of drink called 'chocolate'. This was the first form of chocolate [4]**it** tasted bitter and the Spaniards didn't like it at all until [5]**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. [6]**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 changed this milk chocolate into the smooth sweet chocolate [7]**we** eat nowadays.





While chocolate is regularly eaten for pleasure, there are potential health benefits from eating [8]**it**. Chocolate is often uses 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 [9]**it** everyday can help to reduce blood pressure in individuals with high blood pressure as well as reduce cholesterol levels.

However, this does not mean that you can eat as much chocolate as you like. [10] **You** must eat a balanced diet. You can enjoy eating chocolate so long as it is done in moderation.

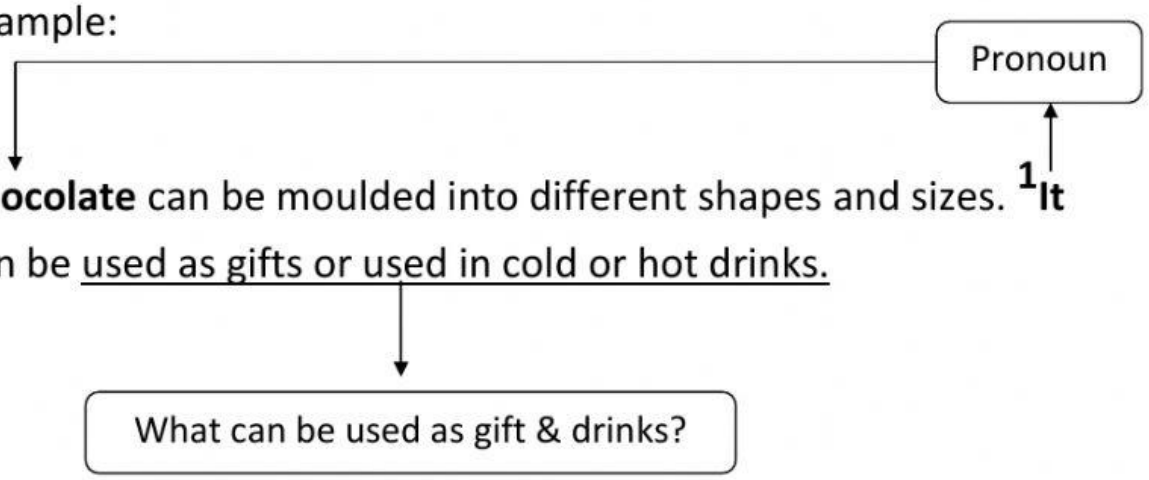
LIVEWORKSHEETS

Name:_____	Class: Indah _____ 6

A. Look at the pronouns which are numbered in the passage. What does each pronoun refers to?

B. Choose your answer for question 1 to 5. Write the answer in the space provided for question 6 to 10.

Example:



1. [1] It -_____ (Food)
2. [2] it -_____ (Food)
3. [3] They -_____ (Group of People)
4. [4] it -_____ (Food)
5. [5]they -_____ (Group of People)
6. [6]He -_____
7. [7]we -_____
8. [8]it -_____
9. [9]it -_____
10. [10] You -_____

LIVEWORKSHEETS