



CHOCOLATE

People first made chocolate 3,000 years ago, in Central America and Mexico. They grew cacao trees and used the beans from the trees to make chocolate. The Aztecs used cacao beans as money, because there were no coins or banknotes then. A turkey cost 100 cacao beans and a piece of fruit cost three beans.

At first, people only used chocolate to make a drink. They called the drink *xocolatl*. This means “bitter water” in an Aztec language because cacao beans have a very bitter taste on its own. Later, people used chocolate as an ingredient in various dishes. They believed that chocolate was good for you, so they used chocolate to treat some illnesses. They also learnt that chocolate will give you energy if you are tired.



During the 16th century, Spanish people travelled to Mexico and were introduced to chocolate. They took chocolate home with them and soon people in Europe started to use chocolate, too. At first, only rich people could enjoy chocolate, because it was very expensive.

In England, people visited special chocolate shops to drink chocolate drinks. They found out that if you add vanilla and sugar to chocolate, it tastes a lot nicer. In about 1690, a doctor called Hans Sloane made a new drink with chocolate and milk. This drink was sweet and tasty, so it was very popular.

Today, chocolate is one of the most popular foods in the world. There are hundreds of different chocolate bars and sweets. We give chocolate as gift on special occasions. A special treat is chocolate fondue. We heat the chocolate until it melts and then dip fruit into the chocolate. If you like chocolate, you will be pleased to know that dark chocolate can be healthy. Unlike milk chocolate, dark chocolate does not have a lot of milk and sugar in it. Dark chocolate is good for your heart and helps your blood to move around your body. Eating a small amount of dark chocolate every day can even help protect you from some illnesses.

*** True (T) or False (F)**

1. Long ago, people used cacao beans as money.
2. Cacao beans have a very sweet taste.
3. People learnt that you get tired if you drink chocolate.
4. English people took chocolate to Europe.
5. Chocolate wasn't cheap in the 16th century.
6. There were special chocolate shops in England.
7. Milk chocolate is healthier than dark chocolate.
8. A small amount of dark chocolate every day is good for you.

*** Answer the questions**

1. Why did the Aztecs use cacao beans as money?

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2. Why did they add vanilla and sugar to chocolate?

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3. What did Hans Sloane invent in 1690?

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4. What are the two different kinds of chocolate?

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5. Why is dark chocolate good for us?

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*** Complete the sentences. Find ONE word in the paragraph to fill each gap.**

1. The Aztec word for chocolate means 'bitter water'.

2. Chocolate comes from theof the cacao tree.

3. In Aztec times, a cost 100 cacao beans.

4.people learnt about chocolate when they went to Mexico.

5. People liked Sloane's new drink because it was and

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6. In a chocolate, you dip fruit in melted chocolate.

7. Dark chocolate is good for your