


# 8

## Sweet and tasty.

### Reading

#### Before reading

- 1 Discuss these questions.
  - 1 Where do you think chocolate comes from?
  - 2 Do you think chocolate is good for you?
  - 3 Do you prefer eating or drinking chocolate?
- 2  Read and listen.



# Chocolate

**Would you like a piece of chocolate? Most of us enjoy a bar of chocolate – or we like the taste of chocolate in cakes or ice cream. However, not many of us know the history of chocolate. Let's look back in time ...**

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 their 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 gifts on special occasions. A special treat is

chocolate fondue. We heat the chocolate until it **melts** and then **dip** fruit into the chocolate. Strawberries are delicious when they are covered in melted chocolate.

There are different kinds of chocolate: dark chocolate, milk chocolate and white 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.



## Vocabulary

3 Match the words from the text to the definitions.

- 1 blood (noun) the red liquid inside your body
- 2 \_\_\_\_\_ (noun) the part of your body that makes your blood go round
- 3 \_\_\_\_\_ (verb) to use medicine to make a sick person well again
- 4 \_\_\_\_\_ (adjective) having the taste of sugar
- 5 \_\_\_\_\_ (adjective) having a sharp, unpleasant taste
- 6 \_\_\_\_\_ (adjective) nice to eat
- 7 \_\_\_\_\_ (noun) the tree that gives us seeds to make chocolate
- 8 \_\_\_\_\_ (verb) to put something into a liquid and take it out again
- 9 \_\_\_\_\_ (noun) a plant that gives a taste to some sweet foods
- 10 \_\_\_\_\_ (verb) to get warmer and become liquid