

The wonders of chocolate

1) Lis le texte

The chocolate was used as a medicine for hundreds of years ago to treat everything from stomach aches, fevers or just being tired.

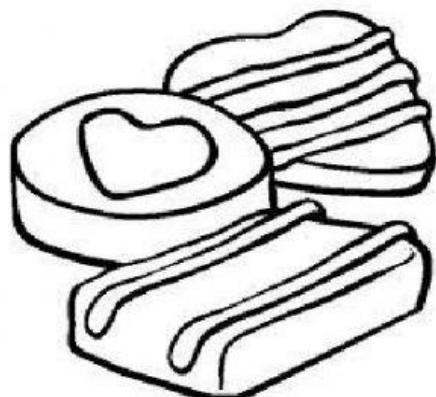
The leaves and the flowers of cocoa tree were used to treat burns and cuts.

Some scientists say that eating dark chocolate can make you healthier. Some say chocolate can help you stop coughing.

Today, the chocolate bars are not healthy. They are mixed with milk and sugar. There is also white chocolate; it's not chocolate at all it's only milk mixed with lots of sugar. Sugar adds calories to a chocolate bar. You will need to exercise more so you don't gain extra weight.

There are lots of benefits that come from eating dark chocolate. To have a healthy heart, eat a small amount of dark chocolate two or three times a week. It is also good for your brain; dark chocolate will make it work better. Moreover, Dark chocolate makes you feel happy and relaxed.

Make sure that you eat dark chocolate more than chocolate with milk bars to enjoy a healthy and happy life.



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2) Réponds aux questions en français

1. Quels sont les 3 différentes sortes de chocolat ?
2. En tant que quoi était utilisé le chocolat pendant des siècles ?
3. Quels sont tous les bénéfices du chocolat? 8 éléments de réponse.
4. Les barres de chocolat sont-elles aujourd'hui tout aussi bonnes pour la santé?
5. Pourquoi?
6. De quoi est fait le chocolat blanc?
7. Quelle est la quantité raisonnable de chocolat noir à manger par semaine?