

THE HISTORY OF CHOCOLATE

Warm up

Do you recognize this picture?



Yes, it is a piece of chocolate. Many of us love eating chocolates.

Which chocolates do you like?

These are cocoa beans—chocolate is made from these beans.



Vocabulary

creation: making, formation, bringing into existence

traced: to find out where something came from,
or what caused it

ancient: very old

worshipped: prayed to, thought it was sacred

frothy: filled with foam; full of or covered with
many small bubbles.



combined: mixed

intercepting: preventing someone from going
where they want

How is Chocolate made?

Chocolate is made from the fruit of cacao trees. The cacao tree grows in warm areas of North and South America, Africa, and Asia. The fruits are called pods. The pods are long and shaped like cucumbers. When the pods are ripe, workers cut them from the tree and remove the seeds. Each pod contains around 40 cacao beans. The seeds sit for several days before being dried, either by the Sun or in an oven. The dry seeds, called cocoa

beans, are then shipped to processing plants or chocolate factories. Here the outer shell of the bean is removed and the inner part is pressed to take out liquid chocolate.

Look at this picture to learn how cocoa beans become liquid chocolate.



Now, let us learn about the history of chocolates.

The history of chocolate, and its creation from the beans of the cacao tree, can be traced to the ancient Maya civilisation of Central America.



Mayan Chocolate

The Mayans not only ate chocolate, they worshipped it. The Mayan history mentions chocolate drinks being used in celebrations. In many Mayan households, chocolate was enjoyed with every meal.

Mayan chocolate was thick and frothy and often combined with chili peppers, honey or water.

Spanish Hot Chocolate

Chocolate travelled from Central America to Spain. One story says Christopher Columbus discovered cacao beans after intercepting a trade

ship on a journey to America and brought the beans back to Spain with him in 1502.

At first, Europeans only drank hot chocolate drinks. Then English and Dutch chocolate makers started adding milk and sugar to chocolate. That is how the chocolate bar was invented. Today, chocolate is available all over the world and is loved by many.

- A. Complete the sentences by ticking the most appropriate options.
1. We can find cocoa beans
 - a. growing directly on trees
 - b. only in a fermented form
 - c. in the pods that grow on the trees
 - d. on the leaves of the cocoa tree
 2. Before being made into chocolate
 - a. cocoa beans are crushed
 - b. cocoa beans are eaten
 - c. cocoa beans are washed
 - d. cocoa beans are placed inside pods
 3. The first people who used cocoa beans were
 - a. Spanish
 - b. Mayans

- c. Indians
 - d. Africans
4. The Mayans lived in
- a. Central America
 - b. Southern Mexico
 - c. Spain
 - d. Italy

B. Answer these questions by choosing the correct option.

1. How are the cocoa beans dried?
- a. By spreading them in the sun
 - b. By taking them to a factory
 - c. By fermenting them
 - d. By removing them from the pods
2. Chocolate was probably brought to Spain from:
- a. Central America
 - b. England
 - c. Italy
 - d. Africa

C. Answer these questions.

1. Where do most cocoa trees grow?

2. Which vegetable do the cocoa pods resemble?
3. How did the Europeans first use chocolate?
4. Explain in your own words how liquid chocolate is made.

D. Match the columns

piece of	rain
Loaf of	paper
Drop of	cake
Slice of	chocolate
Scrap of	glass
Fragment of	bread

E. Use the words from Vocabulary to fill in the blanks.

1. The _____ ruins attracted archaeologists from far and near.
2. The path taken by the injured tiger was _____ by the animal trackers.
3. Devika _____ Lord Krishna
4. The Goalie fell while trying to _____ the ball to keep from going through the goal post.

5. The _____ of such a beautiful work of art must have taken days.
6. I love to have a _____ cup of hot chocolate.
7. It is not possible to _____ water and oil.

F. Make sentences of your own from the words given in 'Vocabulary'.