


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.

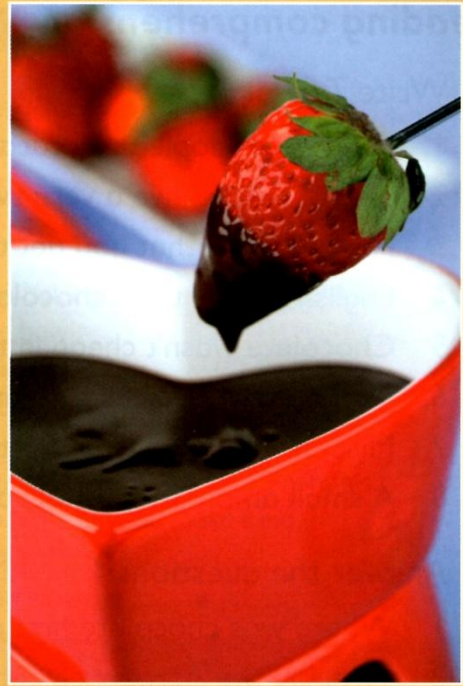
At first, people only used chocolate to make a drink. They called the drink *xocolatl*. This means 'bitter water' in an Aztec language because cacao beans have a very bitter taste on their own. Later, people used chocolate as an ingredient in various dishes. They believed that chocolate was good for 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

Reading comprehension

4 Write *True* or *False*.

- | | | |
|---|---|------------|
| 1 | Long ago, people used cacao beans as money. | True _____ |
| 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. | _____ |

5 Answer the questions.

- Where was chocolate first made? In Central America and Mexico.
- Why did the Aztecs use cacao beans as money?
- When did Spanish people travel to Mexico?
- Where did people in England drink chocolate?
- Why did they add vanilla and sugar to chocolate?
- What did Hans Sloane invent in 1690?
- What are the three different kinds of chocolate?
- Why isn't milk chocolate as healthy as dark chocolate?

6 Complete the facts. Write one word in each gap.

- The Aztec word for chocolate means ' bitter water'.
- Chocolate comes from the _____ of the cacao tree.
- In Aztec times, a _____ cost 100 cacao beans.
- _____ people learnt about chocolate when they went to Mexico.
- People liked Sloane's new drink because it was _____ and _____.
- In a chocolate _____, you dip fruit in melted chocolate.
- Dark chocolate is good for your _____.
- If you are tired, chocolate gives you _____.

7 Discuss these questions with a partner or with your class.

- Which facts in the text are the most surprising?
- What is your favourite kind of chocolate?
- How often do you eat or drink chocolate?

Colourful cupcakes



Ingredients

100g flour
100g butter
100g sugar
2 eggs
1 tsp vanilla
225g icing sugar
30ml water
colourful sweets

Instructions

- 1 Heat the oven to 180°C.
- 2 Put eighteen paper cake cases on a baking tray.
- 3 Mix the butter and sugar in a large bowl.
- 4 Add the eggs, flour and vanilla. Stir together.
- 5 Divide the mixture into the paper cake cases.
- 6 Bake the cakes in the oven for 20–25 minutes.
- 7 Take the cakes out of the oven. Leave them to cool for 30 minutes.
- 8 Mix the icing sugar and water in a large bowl to make icing.
- 9 Use the icing and sweets to decorate your cakes.

When you write a recipe, use abbreviations for measurements and temperatures:

1 tsp vanilla (= 1 teaspoon of vanilla) **225g icing sugar** (= 225 grams of icing sugar)

30ml milk (= 30 millilitres of milk) **180°C** (= 180 degrees Celsius)

Use imperatives for each instruction:

Mix the butter and sugar in a large bowl. Take the cakes out of the oven.

7 Match the abbreviations to the words.

- | | |
|-------|--------------|
| 1 g | a teaspoon |
| 2 ml | b centimetre |
| 3 cm | c Celsius |
| 4 tsp | d millilitre |
| 5 C | e gram |

8 Write a recipe. Use the notes below.

Chocolate Cookies

150g flour • 100g butter • 125g sugar • 1 egg • 25g milk chocolate • 1 tsp vanilla

- 1 heat / oven / 180°C
- 2 mix / butter / sugar / vanilla / bowl
- 3 cut / chocolate / into small pieces
- 4 add / chocolate and flour / stir / mixture / carefully
- 5 drop / spoons / mixture / baking tray
- 6 then / bake / cookies / oven / twenty minutes