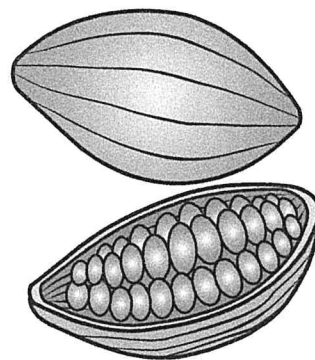


5 CHOCOLATE

The chocolate you eat has had a long journey before it gets to you – in distance and in time!

Chocolate is made from cocoa beans, which grow in tropical regions. 70% of the world's cocoa beans comes from four West African countries: Ivory Coast, Ghana, Nigeria and Cameroon. Lots also come from Indonesia, and from Central America – which is the place where the history of chocolate began.



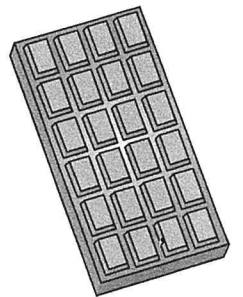
Evidence of chocolate production has been found from almost 4,000 years ago. The Olmec people may have been the first to work with it then. Many ancient peoples used chocolate, including the Maya and the Aztecs. It was normally made into thick, bitter drinks. There was no sugar, so it was flavoured with other things – often, chilli! Chocolate was precious enough to be used like money. It was also used in religious rituals.

When Europeans arrived in Central America, they loved the taste of chocolate. They took cocoa beans back to Europe with them. People in Europe experimented with heating the chocolate drink, and adding cream and sugar. They found a way to make solid bars of this creamy, sweet chocolate, creating the chocolate we know today.



Making chocolate is a complicated process.

1. First, cocoa pods are picked from trees. The beans inside are cleaned and dried.
2. Next, the dry beans are roasted to bring out their flavour. In chocolate factories, they are roasted on huge trays. Their shells become brittle as they cool, making them easy to remove.
3. The broken-up bits of roasted cocoa bean are called nibs. The nibs are ground to create a thick paste.
4. The paste is squashed by powerful machines. Cocoa butter is squeezed out, leaving a block of cocoa powder. We can use the cocoa powder in cooking and hot chocolate.
5. Bars of sweet chocolate are made by mixing cocoa powder and cocoa butter carefully and adding sugar. Other ingredients, like milk and vanilla, can be added, too.



Chocolate can be dark, milk or white, depending on the mix of bitter cocoa powder and sweet cocoa butter. They can all be delicious!

FILL IN THE GAP

Look back at *Chocolate*. Skim to find the correct area or paragraph of the text. Then scan to locate the correct sentence. Fill in the gap with the missing word.

When _____ arrived in Central America, they loved the taste of chocolate.

The broken-up bits of _____ cocoa bean are called nibs.

MATCHING

Draw a line with a ruler to match the information. One has already been done for you.

West African countries	●	tropical regions	●
cocoa beans grow	●	experimented with heating chocolate	●
people in Europe	●	70% of the world's cocoa beans	●

Note: A line is drawn from the dot in the first row of the left column to the dot in the third row of the right column.

LABEL

Label the information with the correct step of the chocolate-making process.

Beans are cleaned	
Vanilla may be added	
Dry beans are roasted	
Nibs ground to a paste	
Cocoa butter is squeezed out	

TRUE OR FALSE

Read the sentences. Put a tick in the correct box to show which sentences are *true* and which are *false*.

Cocoa beans grow all over the world. True False

The Maya people used chocolate. True False

Chocolate can be dark, milk or white. True False

MULTIPLE CHOICE

Circle the correct answer to the following question.

In which region does 70% of the world's cocoa grow?

East Africa

West Africa

North Africa

South Africa

SEQUENCING

Look at *Chocolate*. Number the statements from 1 to 3 to show the order they occur in the text.

They found a way to make solid bars of this creamy, sweet chocolate, creating the chocolate we know today.	
Lots also come from Indonesia, and from Central America – which is the place where the history of chocolate began.	
The broken-up bits of roasted cocoa bean are called nibs.	

FIND AND COPY

Read the sentences below. Find and copy a word that suggests that the nibs are crushed.

The broken-up bits of roasted cocoa bean are called nibs. The nibs are ground to create a thick paste.

UNDERLINE OR HIGHLIGHT

Read the following sentence. Underline or highlight a word that means 'raise' the temperature of something.

People in Europe experimented with heating the chocolate drink, and adding cream and sugar.