

The History of Chocolate

Chocolate bars. Chocolate ice cream. Chocolate milk. Delicious! But where does

chocolate come from?

The Origin of Chocolate

Chocolate is made from the fruit of cacao trees, starting

about 100 million years ago. The Olmecs of Mexico were



Cadbury Chocolate Bar 1830

probably the first to grow the cacao plant. It is thought that they used the cacao beans to make drinks, but there is no written history for the Olmecs.

The Olmecs passed their cacao knowledge to the Ancient Maya of Mexico and

Central America, who made chocolate into a spicy drink used in ceremonies. Cacao

started to become very precious. Later the Aztecs used cacao for trade and the

cacao seeds as a form of money.

Bringing Chocolate

In 1502, Christopher Columbus was the first European explorer to come into contact with cacao beans when he and his crew captured a trade ship. He presumed the beans were a type of almond and brought them back to Europe, not knowing the potential value of the unusual beans.

The Spanish Conquistador, Hernán Cortés, arrived in Central America in 1519. There he saw the Aztec Emperor drinking 'Xocalatl', the earliest known hot chocolate, and Cortés realised the great value that it had. Almost ten years later, Cortés established a cacao plantation for trading. He took the beans back to Spain along with the chocolate drink recipe. Here, cinnamon and other spices were added to the bitter brew and it was sweetened with sugar.

Beans to Bars

In 1657, the first chocolate house was opened in London. Cacao was an expensive import and only the rich could afford to drink chocolate. In fact, in France, chocolate could be drunk only by the royal family.

Up until the 1700s, chocolate was mainly a drink, but in 1830 the first real, moulded chocolate bar was produced. By the late 19th century, chocolate companies such as Cadbury were mass-producing boxes of chocolates.

Today, chocolate is a multi-billion-dollar industry and people all over the world love the taste of chocolate. This is an industry that will not go away any time soon. You can even make your own!

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Did you know...?

To make a good chocolate you only need four ingredients: cocoa beans, cocoa

butter, sugar and milk powder.

- 1. Who were the first to grow the cacao plant? Tick one.
- O the ancient Maya
- 🔘 the Olmec
- O Christopher Columbus
- 2. True or False? The Aztecs used cacao seeds as a form of money.
- O True
- 🔘 False
- 3. Who was the first European explorer to come into contact with cacao

beans? What did he think it was?

4. Fill in the missing words.

Hernán Cortés saw the Aztec Emperor drinking 'Xocalatl', also known as

5.	How did the Spanish make the bitter cacao drink tastier?				
6.	Where was the first chocolate house opened?				
7.	Up until the 1700s, why could only the rich afford to drink hot chocolate?				
8.	When was the first chocolate bar produced to eat? Tick one.				
0	1830				
0	By the late 19th century				
0	657				
9.	Find and copy the term used for 'producing large quantities' .				
	Up until the 1700s, chocolate was mainly a drink, but in 1830 the first real,				
	moulded chocolate bar was produced. By the late 19th century, chocolate				
	companies such as Cadbury were mass-producing boxes of chocolates.				
10.	. What ingredients would you need to make your own chocolate?				

11. The title of this text is _____

- a. Beans to Bars
- b. Bringing Chocolate
- c. The History of Chocolate

12. The first heading is _____

- a. The Origin of Chocolate
- b. Beans to Bars
- c. The History of Chocolate

13. The second heading is _____

- a. Beans to Bars
- b. The History of Chocolate
- c. Bringing Chocolate

14. What is the caption of the visual in the text?

Vocabulary:

1. Read and complete the following text using a word from the box.

farmer's market	convenient	package	local						
decrease	Chemicals	century	agriculture						
Some people like to buy their food at supermarkets. They think it's more									
to buy everything they need at the same place. Some of									
these people even consider the supermarket one of the best inventions of the last									
!									
However, more and more people now prefer to buy their food at									
They say food there is fresher and usually doesn't have any									
dangerous They also claim they are supporting the									
	farms and helping to		the pollution						
created by transportation and some of the materials used to									
food.									

Grammar:

- - pronoun.
 - 1. There is ______ I would like you to visit.
 - 2. I met ______ yesterday who is a street painter.
 - 3. We went ______ this weekend. We stayed at home.
 - 4. The show was amazing. I think ______ liked it.

4. Complete each of the following sentences using the correct word with the suffix dis- from the box.

dishonest	disorganized	disproved	disability	distrust

- 1. A person who is disabled has a ______.
- 2. People who don't tell the truth are often ______.
- I _______ his idea about art by showing the works of some famous artists.
- 4. My classroom is never ______. Everything is always in the right

place.