

Cocoa

Pre-Reading

A. Warm-Up Questions

1. Do you like chocolate? If so, what kind of chocolate products do you like to eat?
2. Do you know where chocolate comes from?
3. Where do you think the first chocolate bar was made?
4. What do you think is the most popular flavor in the world?

B. Vocabulary Preview

Match these words to their correct definitions.

- | | |
|-------------------|--|
| ___ 1. ingredient | a) change from a solid to a liquid |
| ___ 2. pod | b) taste |
| ___ 3. ripe | c) have enough money to buy |
| ___ 4. harvest | d) leader or ruler of a group of countries |
| ___ 5. rack | e) part of a plant that holds the seeds |
| ___ 6. crush | f) small packages of food given to soldiers |
| ___ 7. bitter | g) one of the parts of a mixture |
| ___ 8. emperor | h) ready to be eaten or used |
| ___ 9. wealthy | i) create something new |
| ___ 10. invent | j) wooden or metal frame used for holding things |
| ___ 11. afford | k) groups of soldiers |
| ___ 12. melt | l) pick or gather plants when they are ripe |
| ___ 13. rations | m) strong, unpleasant taste; opposite of sweet |
| ___ 14. troops | n) rich |
| ___ 15. flavor | o) make into powder |



Reading

1. Cocoa is the main **ingredient** in chocolate.
2. Cocoa comes from the seeds of the cacao tree. About 30 to 50 almond-sized seeds grow in **pods** on the tree. When the pods are **ripe**, they are **harvested**, and the seeds are removed and put on **racks** to dry in the sun. The seeds are then **crushed** and most of the cocoa butter, or oil, is removed from them. A very **bitter**-tasting powder remains.
3. Over 2,000 years ago, the Mayan Indians of South America discovered how to dry and crush the cacao seeds and use the powder to make a drink. They introduced it to the Aztec Indians of Mexico, and it became their **emperor's** favorite drink. The Spanish explorer Hernán Cortés learned about it from the Aztecs in 1519. He added cane sugar to the drink to make it sweeter. He took cacao beans back to Spain and the new drink was soon very popular with **wealthy** Spaniards.
4. By 1700, the drink was also popular in France and Great Britain. In about 1730, a machine that could crush cacao beans was **invented**. This made it less expensive to produce cocoa powder and soon everyone could **afford** to enjoy the chocolate drink. Then, in 1847, an English company mixed melted cocoa butter with sugar and cocoa powder to create the first chocolate "bar."
5. The first American chocolate factory was built in 1765. During World War II, the U.S. Army gave soldiers chocolate bars as **rations**, and **troops** are still given chocolate. Astronauts have even taken it into outer space.
6. Chocolate is the second most popular **flavor** in the world, after vanilla. It is used in cakes, ice cream, and many other desserts, as well as in chocolate bars. Researchers have discovered that chocolate contains compounds called antioxidants that may protect against some types of cancer and heart disease.

"Mama always said life was like a box of chocolates. You never know what you're gonna get."

—Forrest Gump

Comprehension

A. True or False?

Read the statements below.

If the statement is true, write T beside the sentence.

If it is false, write F and correct the information.

- _____ 1. Cocoa comes from almonds.
- _____ 2. The Aztec Indians were the first people to turn cocoa into a drink.
- _____ 3. The Aztec emperor loved cocoa.
- _____ 4. Spanish cocoa was a sweeter drink than Aztec cocoa.
- _____ 5. Chocolate is the most popular flavor in the world.

B. Ask and Answer

Practice asking and answering the following questions with your partner.

Then write your answers in complete sentences in your notebook.

- 1. Briefly explain how cocoa powder is made.
- 2. How did the Aztec Indians of Mexico learn about cocoa?
- 3. How did Europeans learn about cocoa?
- 4. What happened in 1730 that made cocoa even more popular?
- 5. How was the first chocolate bar made?
- 6. List several products that use chocolate for flavoring.
- 7. Why may chocolate actually be good for one's health?

Vocabulary Review

Complete the sentences using vocabulary from page 1.
You may need to change the word forms.

1. In the fall, after the farmers _____ the plants, they have a big Thanksgiving dinner.
2. There are many beautiful dresses hanging on that _____ .
3. This coffee tastes very _____. I need to add some sugar.
4. In the spring, the snow begins to _____ .
5. The war is finally over. The _____ will be coming home soon.
6. Mary lost her job last month, so she cannot _____ to buy a new car yet.
7. You need to add more salt and pepper to this soup. It doesn't have enough _____ .
8. Don't eat that green banana. It isn't _____ yet.

Discuss

1. Have you ever heard the expression "chocoholic"?
Can you guess what it means? Are you a chocoholic?
2. What does it mean to have a "sweet tooth"? Do you have a sweet tooth? Do you prefer to have sweet or salty snacks?
3. Researchers have recently discovered that chocolate contains some compounds that may protect against cancer and heart disease. Do you think that this is a good reason to eat chocolate every day? Explain your answer.
4. Why do you think soldiers and astronauts are given chocolate as part of their rations?
5. Do you crave chocolate sometimes? What other foods do you crave?