Chocolate

Chocholate I s probably the world` s favourite food. A lot of people can` t lives without it. We eat it and we drink it too. It is black, brown or white. It gives us energy and makes us happy.

Chocholate comes from cacao trees. These trees are from South and Central America, but today they grow in other parts of the world too. Cacao trees can only grow in contains with tropical climate. Those contains are West Africa, South America and Asia. Chocolate is made from cacao beans. They are about six meters tall. The beans are fruit of the tree. Cacao trees have their first fruit when they are 3 to 4 years old. Some cacao trees grow to be 200 years old, but most trees have fruit for about 25 years.

The first people ho used cacao beans to make a chocolate drink were Mays. Their chocolate drink was not sweet like the chocolate we know today; in was very bitter. They made it with spices and water. The other people were Aztecs. They have to bought cacao beans from Mays, because they lived in a Central Mexico, witch is not tropical so they can` t grow a cacao trees there. Aztecs made a chocolate drink with spices, chilli and honey. The drink was very red and bitter.

Now I will tell you how we can get a chocolate from beans.

1. In West Africa all family help to cut the cacao pods from the trees.
2. The beans must ferment for 5 to 8 days. The sugar in the beans changes to alcohol and the colour of the beans changes from cream to brown.
3. After fermentation, the beans must dry in the sun.
4. Then the ship takes the cacao beans in sacks to countries that make chocolate, such as USA and England.
5. Machines grind the beans into a chocolate paste.

**CACAO BEANS** – kakavova zrna

**BITTER** - grenko

**SPICES** - pekoče

**FERMENATOIN** – vrenje

**SACKS** - vreče

**MACHINES GRIND** - mletje