

Chocolate

Chocolate is probably the world's favourite food. A lot of people can't live without it. We eat it and we drink it too. It is black, brown or white. It gives us energy and makes us happy.

Chocolate 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 countries with tropical climate. Those countries 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 who used cacao beans to make a chocolate drink were the Mayas. Their chocolate drink was not sweet like the chocolate we know today; it was very bitter. They made it with spices and water. The other people were the Aztecs. They had to buy cacao beans from the Mayas, because they lived in Central Mexico, which is not tropical so they can't grow cacao trees there. The 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 chocolate from beans.

- a) In West Africa all family help to cut the cacao pods from the trees.
- b) 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.
- c) After fermentation, the beans must dry in the sun.
- d) Then the ship takes the cacao beans in sacks to countries that make chocolate, such as USA and England.
- e) Machines grind the beans into a chocolate paste.

CACAO BEANS – kakavova zrna

BITTER - grenko

SPICES - pekoče

FERMENATOIN – vrenje

SACKS - vreče

MACHINES GRIND - mletje