

Chocolate

by Adrian Tennant

Section/Subject: ESP bank - CLIL, Food Technology, Science

Topic: Chocolate

Level: Intermediate +

Target age: Teenagers / adults

Time (approx): 45 minutes to 1 hour (approx)

Materials: Worksheets 1a & 1b: One photocopy of each per two students.
Worksheet 2: One photocopy for each pair/group of students (cut up as indicated).
Worksheet 3: One photocopy for each student/pair or group.

Introduction

This is a topic-based lesson about the history and manufacture of chocolate. The focus is on subject areas such as Food Technology and Science. It can be used to support students studying these subjects at school or for ESP (English for Specific Purposes) classes where the theme is of interest.

Procedure

Worksheets 1a and 1b

- 1 Write the word *Chocolate* on the board and ask your students to brainstorm all they know about it. Write up their feedback on the board.
- 2 Now divide the class into two groups: A and B.
- 3 Give group A the Student A section of Worksheet 1 and group B the Student B section.
- 4 Tell them to read through their worksheet.
- 5 Now pair up a student from group A with one from group B.
- 6 Tell them to take it in turns to ask and answer the questions using their worksheets (encourage them not to show their information to the other student).
- 7 Check and discuss.

Key

Student A

1. The Aztecs. 2. That it was a gift from their God. 3. In the 16th century. 4. Milk chocolate. 5. That some of the chemicals in it affect the brain and make us happy. 6. Yes.

Student B

1. The beans of the cacao tree. 2. The Mayans. 3. It was bitter (not sweet). 4. Chocolate bars became popular. 5. That it's healthy (stops tooth decay / is good for the heart). 6. Yes (to dogs).

Worksheet 2

- 1 Put students into pairs or small groups.
- 2 Hand out the strips to the students.
- 3 Tell the students that the strips describe the process of how chocolate is made. Explain that the students should put the information in the correct order.
- 4 Monitor and help where necessary.
- 5 Check the answers together.

Note: You could give the activity a competitive edge by seeing which pair or group can get the correct order the quickest.

Key

5, 1, 11, 6, 10, 8, 7, 2, 12, 3, 9, 4

Worksheet 3

- 1 Put students into pairs or small groups.
- 2 Hand out Worksheet 3 and tell students to talk about the questions together.
- 3 Monitor.
- 4 Finally, ask a few students to report back on their discussion.

Useful websites

<http://www.xocoatl.org/>

<http://www.exploratorium.edu/chocolate/>

<http://www.bbc.co.uk/food/chocolate/>

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Chocolate is made from the beans of the cacao tree originally found in Central America. There is evidence that the Mayans were drinking chocolate almost 2,500 years ago. However, the chocolate that the Mayans drank was very different from what we drink or eat today as it was very bitter. Nowadays, we add lots of sugar to our chocolate to make it sweet. In the early 19th century chocolate bars became popular.

Many people believe that chocolate is healthy for you. Japanese scientists claim that chocolate can stop tooth decay while other scientists think it might be good for your heart. However, it surely depends on how much you eat – too much of anything can't be good for you. And, chocolate certainly isn't good for animals. One of the ingredients in chocolate – theobromine – is poisonous for dogs!

Questions

1. Who called chocolate Xocolatl?
2. What did the Aztecs believe about chocolate?
3. When did Europeans first experience chocolate?
4. What did Daniel Peter make in the 19th century?
5. What do scientists say about chocolate?
6. Can you become addicted to chocolate?
7. What other interesting information did you find out?

Chocolate
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Chocolate, or Xocolatl in Nahuatl the language spoken by the Aztecs of ancient Mexico, was only drunk by the rich and powerful. The ancient Aztecs believed that the Cocoa tree was a gift from their god Quetzalcoatl. The secrets of the cocoa bean were brought back to Europe by Spanish explorers in the 16th century and it soon became a very popular drink. Milk chocolate was first made in Switzerland in 1875 by Daniel Peter.

Nowadays around \$7 billion a year is spent on chocolate worldwide. One possible reason for this is that chocolate seems to make people happy! Scientists say that some of the chemicals found in chocolate affect the brain and create a feeling of ecstasy, or happiness. One thing seems certain, it is quite possible to become addicted to chocolate and there are many chocoholics in the world – are you one of them?

Questions

1. What is chocolate made from?
2. Who drank chocolate in the past?
3. How did the chocolate they drank differ from what we have nowadays?
4. What happened in the early 19th century?
5. What claims are made about chocolate?
6. Is chocolate harmful?
7. What other interesting information did you find out?

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1) After the beans have been harvested they are left to ferment for around seven days.



2) After the sugar has been added to the chocolate the mixture is poured into a conche-refiner.



3) Before the chocolate is made into bars it is heated and cooled.



4) Finally the liquid is cooled, put into moulds to make bars.



5) First of all the beans are harvested.



6) Once they've been sorted they are roasted.



7) Sugar and sometimes vanilla are added to the paste.



8) The 'nibs' are pressed to create a thick paste.



9) The process of heating and cooling the chocolate is called tempering and creates crystals in the chocolate.



10) The roasted beans are put into a machine that removes the hard outer part of the beans leaving the 'nibs'.



11) Then the beans are sorted by hand according to size.



12) This conche machine grinds the mixture blending it into a smooth paste.



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Look at these questions. Talk with your partner(s).

- 1) Do you like chocolate?
- 2) How much chocolate do you eat?
- 3) When do you usually eat chocolate?
- 4) What's your favourite type of chocolate?