



**Model Experimental Senior High-
School of Patras 2014-2015**

ENGLISH COURSE



All about Chocolate

“Life is like a box of chocolates. You never know what you’re going to get.” (*Forrest Gump*)

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Nutritional Information

Per 100 grams	Pure chocolate	Milk chocolate	White chocolate
Protein (g)	4,7	8,4	8
Fat (g)	29,2	30,3	30,9
Calories (kcal)	525	529	529
Calcium (mg)	38	220	270
Magnesium (mg)	100	55	26

Difference between white and milk chocolate

White chocolate

- Two kinds of white chocolate
→ **not** chocolate.
- "Real" white chocolate = candy bark
- Allergic to cocoa → contains no cocoa.
- Ingredients (primarily): cocoa butter, sugar, milk and vanilla, without any cocoa flavoring

Milk chocolate

- by definition: less than 30% chocolate
- Milk-chocolate-candy: primarily sugar + spices with almost **no** chocolate
- Milk chocolate
→ 12 cocoa beans
- "Real" chocolate
→ 99 cocoa beans

→Strictly speaking:

chocolate is any product based 99% on cocoa solid and/or cacao fat

Where does Cocoa come from?

- First people who made chocolate were the Mayas and the Aztecs
- They drank chocolate as a bitter and spicy beverage called “xocoatl” (“bitter water”)
- Chocolate played an important role in their social and religious life
- It symbolized life and fertility and was also used as medicine
- It was a drink for wealthy and important people (royalty, priests, etc.)
- Cocoa beans were also used as money



Chocolate in Europe - Some Dates

1528: Hernán Cortéz returned to Spain with cocoa beans and the formula for the chocolate drink

1615: The Spanish princess Anne of Austria married Luis XIII of France, so chocolate came to France

1657: A Frenchman opened the first “Chocolate House” in London

→ became as popular as Coffee Houses

Chocolate in Europe - Some Dates

1674: The first solid chocolate in a stick form had been sold

End of 17th century: chocolate came to Germany

→ first pralines were made by a German cook

→ taxes were imposed by Frederick I of Prussia

1792: A chocolate factory was opened in Berlin

1875: The first milk chocolate was put on the market

Cocoa growing countries



Cocoa Beans - The Raw Material



Cocoa Beans - Roasting



Nibs, Shell and Liquor



Cocoa Powder



Chocolate



+



+



→



→





Thank you for your attention!!

Don't forget :EAT CHOCOLATE 😊