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# Chocolate





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# Chocolate Introduction

- Chocolate: one of the world's most loved foods
- Made from cocoa beans
- Used in sweets, desserts, drinks, and even savoury dishes





# History of Chocolate

- Origins in Mesoamerica (around 1900 BC)
- Mayans and Aztecs drank bitter cocoa drinks
- Brought to Europe in the 16th century by explorers
- Sugar was added – became a luxury item



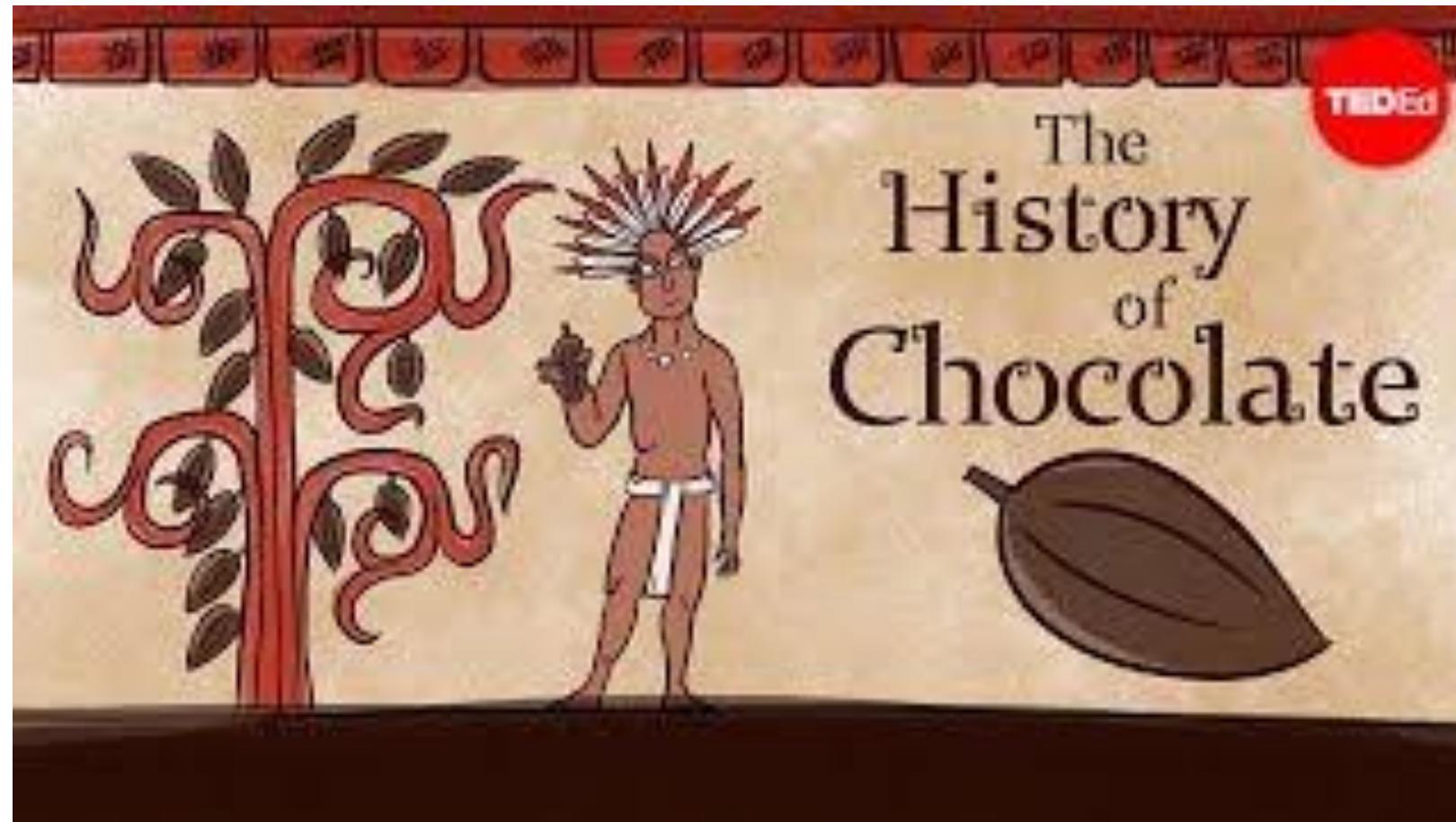


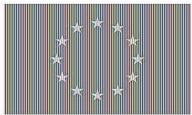
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# Watch video about History of Chocolate





# Cocoa Cultivation & Fermentation

- Cocoa trees grow in tropical regions (near the Equator)
- Pods contain cocoa beans
- Beans are fermented for 5–7 days to develop flavour
- Then dried and shipped to factories



# Steps in Chocolate Mass Production

1. Roasting cocoa beans
2. Cracking and winnowing (removing shells)
3. Grinding into cocoa mass (liquor)
4. Mixing with sugar, milk powder, cocoa butter
5. Refining, conching and moulding





# Types of Chocolate

- **Dark Chocolate:** high cocoa, less sugar
- **Milk Chocolate:** sweet, creamy, popular
- **White Chocolate:** no cocoa solids, only butter and milk
- **Ruby Chocolate:** naturally pink, fruity taste





# Tempering Techniques & Tools

Tempering = heating and cooling chocolate to stabilise it

Methods:

- Seeding method
- Tabling method

Tools: thermometer, spatula, marble slab, chocolate moulds, dipping fork





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# Watch video about Chocolate Tempering Techniques





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# Individual Task

**Task:** Connect the tools used for tempering chocolate with images.



*You have 10 minutes to complete this task.*





# Global Traditions in Chocolate Use

- **Europe:** desserts, pralines, hot chocolate
- **Latin America:** traditional drinks with spices
- **Asia:** creative fusion desserts
- **Africa:** mostly cocoa production, less consumption





# Group Presentation Task

**Work in groups of 3–4 students.**

Choose one topic:

- Chocolate types and characteristics
- Cocoa farming challenges and sustainability
- Chocolate tempering techniques
- Use of chocolate in different cultures

**Instructions:**

- Summarise key points
- Explain your findings
- Answer one follow-up question from peers or the teacher



*Preparation time: 30 minutes*

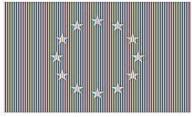




# Interesting Chocolate Facts

- Chocolate was once used as currency
- It melts just below human body temperature
- White chocolate isn't “real” chocolate
- There are over 600 flavour compounds in cocoa





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# Enjoy!

