

## CHOCOLATE



### CHOCOLATE BARS

Chocolate **in the shape of** a **chocolate bar** is quite new. It comes from the year of 1847, from the town of Bristol in England, and from a man called Joseph Fry. So it means that chocolate bars are only 172 years old.

Chocolate is originally<sup>1</sup> only a drink, a fatty<sup>2</sup> drink with ground<sup>3</sup> **cocoa beans**, hot water, milk and sugar. But

Joseph Fry is very smart, because he knows how to separate **cocoa butter** and cocoa solids<sup>4</sup>. This is how you make a nice, smooth<sup>5</sup> chocolate bar. You mix these two things at different temperatures<sup>6</sup>.

Doctors say: "**Dark chocolate** is healthier than **milk chocolate**. It has a lot of nutrients<sup>7</sup>, which are good for your health. Dark chocolate is perfect for your heart, because it makes it very strong."

**Vocabulary:** <sup>1</sup>původně|<sup>2</sup>tučný|<sup>3</sup>mletý|<sup>4</sup>sušina|<sup>5</sup>jemný (krémovitý o chuti)|<sup>6</sup>teplota|<sup>7</sup>živina

**Language notes:** in the shape of=**ve tvaru**(čeho)|chocolate bar=**tabulka čokolády**|cocoa bean=**kakaový bob**|cocoa butter=**kakaové máslo**|dark chocolate=**hořká čokoláda**|milk chocolate=**mléčná čokoláda**

**Sources:** [bbcgoodfood.com](http://bbcgoodfood.com)|[healthline.com](http://healthline.com)