

Nombre \_\_\_\_\_

Fecha \_\_\_\_\_

Hora \_\_\_\_\_

## La Historia de Chocolate

## Substitute Lesson Plan

Think about this: Do you like chocolate? What kinds of chocolate-flavored things do you eat? Can you imagine a time when only rich people had chocolate? Who were the first people to use chocolate? How is chocolate made? After reading these articles, you will know a lot more about one of your favorite foods!

### 1. Read article ONE "Chocolate History and Cocoa."

- What civilizations can the origins of chocolate be traced back to? \_\_\_\_\_
- Define: *chocolatl* \_\_\_\_\_
- Where do cocoa beans come from? \_\_\_\_\_
- Complete the sentence: "Hundreds of years before cocoa was brought to Europe, \_\_\_\_\_

### 2. Read article TWO "Cocoa and Maya Civilization." :

- Where do the decedents of the Maya continue to live to this day? \_\_\_\_\_
- When was cocoa "discovered"? \_\_\_\_\_
- What is the name of the area where the Maya lived and where cocoa trees grew "wild" \_\_\_\_\_
- What are the three main ingredients of *chocolatl*? \_\_\_\_\_
- Who was *Ek Chuah*? \_\_\_\_\_
- How would Mayan farmers transport their cocoa beans to market? \_\_\_\_\_
- Name three additional uses for cocoa beans (besides making *chocatl*)  
\_\_\_\_\_
- How many beans did it take to buy a pumpkin? \_\_\_\_\_; A rabbit? \_\_\_\_\_

### 3. Read article THREE "The Aztec Empire."

- What was the name of the great Aztec city? \_\_\_\_\_ What year was it established? \_\_\_\_\_
- What significant event happened in 1521? \_\_\_\_\_
- How did the Aztecs describe the chocolate drink? \_\_\_\_\_
- Does this sound like something you would want to drink? Why or why not? \_\_\_\_\_
- What is the name of the Aztec god associated with cocoa beans? \_\_\_\_\_
- Who is Moctezuma? \_\_\_\_\_
- Summarize the myth of *Quetzalcoatl*. \_\_\_\_\_
- What happened when Hernán Cortes arrived in Tenochtitlan? \_\_\_\_\_

**4. Read the article FOUR "Hernán Cortes."**

A. Fill in the following paragraph.

"The voyage which led \_\_\_\_\_ to discover \_\_\_\_\_ and the \_\_\_\_\_ began in \_\_\_\_\_ when he set sail from \_\_\_\_\_ with \_\_\_\_\_ ships and \_\_\_\_\_ men, all seeking fame and fortune in the \_\_\_\_\_. Landing on the Mexican \_\_\_\_\_ near \_\_\_\_\_, he decided to make his way to \_\_\_\_\_ to see for himself the famed riches of the \_\_\_\_\_ and \_\_\_\_\_ empire."

B. Complete the following:

- 1) Moctezuma served *chocolatl* in a \_\_\_\_\_.
- 2) The Aztec civilization fell to Cortes in \_\_\_\_\_.
- 3) Cortes returned to Spain in \_\_\_\_\_.
- 4) Chocolate became a fashionable drink in Spain enjoyed by \_\_\_\_\_.

**5. Read the article FIVE "Chocolate Across Europe."**

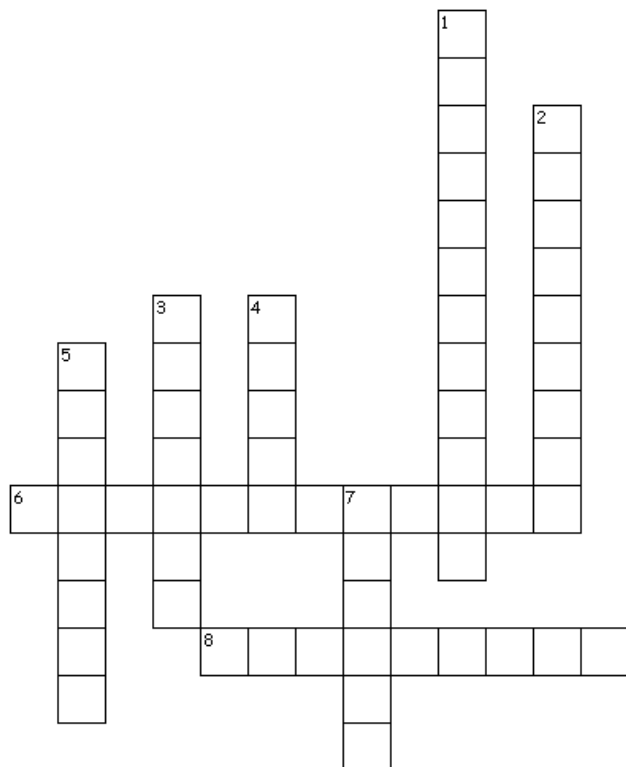
- a. A Spanish version of the chocolate drink was devised by \_\_\_\_\_.
  - b. The Spanish version included \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and omitted \_\_\_\_\_, and was served \_\_\_\_\_.
  - c. The recipe was a closely guarded secret in Europe until \_\_\_\_\_.
  - d. Chocolate became popular in \_\_\_\_\_ in 1606 and spread to \_\_\_\_\_ in 1615. It became popular in Holland during the \_\_\_\_\_ century, in 1646 in \_\_\_\_\_ and in the 1650's in \_\_\_\_\_.
7. What new information about chocolate surprised or interested you the most? \_\_\_\_\_
8. Which language connects the Aztec term **chocolatl** to the English word chocolate? \_\_\_\_\_

**Across**

6. The Aztec creator god and agriculture.
8. Powerful Aztec emperor.

**Down**

1. Aztec city established in 1325.
2. A spicy drink made from cocoa beans.
3. The geographic region where cocoa trees grew wildly.
4. The bean that chocolate comes from
5. Christopher \_\_\_\_\_ is thought to have first brought cocoa beans to Europe.
7. Hernán \_\_\_\_\_ is the Spanish conquistador who destroyed the Aztec civilization.





# La Historia de Chocolate

## Article One: "Chocolate History and Cocoa."



**The origins of chocolate can be traced back** to the ancient Maya and Aztec civilizations in Central America, who first enjoyed '*chocolatl*'; a much-prized spicy drink made from roasted cocoa beans. Chocolate was exclusively for drinking until the early Victorian era, when a technique for making solid 'eating' chocolate was devised. Throughout its history, whether as a cocoa, a drinking chocolate beverage or confectionery treat, chocolate has been a much sought after food.

**The story of cocoa begins with cocoa trees**, which, for thousands of years, grew wild in the tropical rain forests of the Amazon basin and other tropical areas in Central and South America. Hundreds of years before cocoa was brought to Europe, the Maya Indians and the Aztecs recognized the value of cocoa beans both as an ingredient for their special drink and as a form of money.

## Article Two: "Cocoa and Maya Civilization"

**It was the Maya Indians**, an ancient people whose descendants still live in Central America, who first discovered the delights of cocoa as long ago as 600 AD.

**The Maya lived in the Yucatan Peninsula**; a tropical area in what is now Southern Mexico, where cocoa trees grew wild. They harvested cocoa beans from the trees in the rain forest, then cleared areas of lowland forest to grow their own cocoa trees, in the first known cocoa plantations.

**Chocolatl was made from roasted cocoa beans**, water and a little spice: and it was the most important use of cocoa beans, although they were also valued as a currency. An early explorer visiting Central America found that 4 cocoa beans could buy a pumpkin and 10 could buy a rabbit.



**Because cocoa beans were valuable**, they were given as gifts on occasions such as a child's coming of age and at religious ceremonies. The Maya had complicated religious beliefs, with many gods. Ek Chuah, the merchant god, was closely linked with cocoa and cocoa fruits were used at festivals in his honor. Merchants often traded cocoa beans for other commodities, and for cloth, jade and ceremonial feathers.

**Maya farmers transported their cocoa beans to market** by canoe or in large baskets strapped to their backs. Wealthy merchants travelled further, employing porters, as there were no horses, pack animals or wheeled carts in Central America at that time. Some ventured as far as Mexico, the land of the Aztecs, introducing them to the much-prized cocoa beans.

## Article Three: "The Aztec Empire"

**The Aztecs were an ancient nomadic people** who founded a great city in the Valley of Mexico in 1325: Tenochtitlan. In 1521 this prosperous city and its culture were destroyed by the Spanish, who later rebuilt it and renamed it Mexico City.

**'Chocolate' (in the form of a luxury drink) was consumed in large quantities by the Aztecs:** the drink was described as 'finely ground, soft, foamy, reddish, bitter with chili water, aromatic flowers, vanilla and wild bee honey'.



**The dry climate meant the Aztecs were unable to grow cocoa trees,** and had to obtain supplies of cocoa beans from 'tribute' or trade. ('Tribute' was a form of taxation paid by provinces conquered by the Aztecs in wars.)

**By the time the Spanish invaded Mexico in the 16th century,** the Aztecs had created a powerful empire, and their armies conquered Mexico. Tributes in the form of food, cloth and luxury items such as cocoa beans flowed into Tenochtitlan. The Aztecs were superstitious: they had many gods and believed that their world was constantly threatened by catastrophe. One god, Quetzalcoatl, creator god and provider of agriculture, was particularly associated with cocoa beans. Great temples were built to honor him in Tenochtitlan; Moctezuma, Emperor of Mexico and ruler of the Aztecs in the early 16th century particularly revered him.

**Quetzalcoatl is further linked with the story of cocoa and chocolate.** An old Mexican Indian myth explains that he was forced to leave the country by a chief god, but was lovingly remembered by his devoted worshippers, who hoped he would return. Until then they still had his legacy: the cocoa tree. When Hernan Cortes, the Spanish conquistador, arrived in 1517 with his fleet of galleons, the Aztecs thought that he was Quetzalcoatl returning: they were soon to realize he was a cruel conqueror.

#### Article Four: "Hernán Cortes"



**The voyage which led Hernán Cortes to discover Mexico** and the Aztec civilization began in 1517 when he set sail from Cuba with 11 ships and 600 men, all seeking fame and fortune in the 'New World'. Landing on the Mexican coast near Veracruz, he decided to make his way to Tenochtitlan to see for himself the famed riches of Emperor Moctezuma and the Aztec empire.

**It was Moctezuma who introduced Hernán Cortes to his favorite drink, 'chocolatl'** - served in a golden goblet. Moctezuma is said to have consumed several goblets of 'chocolatl' before entering his harem, leading to the mythical belief that it had aphrodisiac properties.

**In May 1520 the Spanish attacked a peaceful Aztec festival** and Moctezuma was killed: by July the Aztecs had forced the Spanish out of the city of Tenochtitlan. But after regaining their strength, the Spanish and their allies held the city siege for 75 days, and its fall marked the end of the Aztec civilization.

**Cortes was made Captain General and Governor of Mexico.** When he returned to Spain in 1528 he loaded his galleons with cocoa beans and equipment for making the chocolate drink. Soon 'chocolate' became a fashionable drink enjoyed by the rich in Spain, but it took nearly a century for the news of cocoa and chocolate to spread across Europe, as the Spanish kept it a closely guarded secret.

#### Article Five: "Chocolate Across Europe"

**Christopher Columbus is said to have brought the first cocoa beans** back to Europe from his fourth visit to the 'New World' between 1502 and 1504. However, the many other treasures on board his galleons were far

more exciting, and the humble cocoa beans were neglected.

**It was his fellow explorer**, the Spanish Conquistador Hernan Cortes, who first realized the commercial value of the beans. He brought cocoa beans back to Spain in 1528 and gradually the custom of drinking chocolate spread across Europe, reaching England in the 1650s.

**Once Hernán Cortes had provided the Spanish with a supply of cocoa beans** and the equipment to make the chocolate drink, a Spanish version of the recipe was devised. Monks in monasteries, known for their pharmaceutical skills, were chosen to process the beans and perfect the drink to Spanish tastes. Cinnamon, nutmeg and sugar were added, the chilli pepper was omitted and it was discovered that chocolate tasted even better served hot.

**Cocoa beans were in short supply**, so for nearly a century the special chocolate drink recipe was a closely guarded secret.

**English and Dutch sailors**, who found cocoa beans in the Spanish 'treasure' ships captured as they returned from the New World, failed to recognize their importance. The precious beans were thrown overboard by angry sailors reputed to have thought them 'sheep's droppings'.

**An Italian traveller, Francesco Carletti**, was the first to break the Spanish monopoly. He had visited Central America and seen how the Indians prepared the cocoa beans and how they made the drink, and by 1606 chocolate was well established in Italy.

**The secret of chocolate was taken to France in 1615**, when Anne, daughter of Philip II of Spain, married King Louis XIII of France. The French court enthusiastically adopted this new exotic drink, which was considered to have medicinal benefits as well as being a nourishing food.

**The supply of cocoa beans to the French market** greatly increased after 1684, when France conquered Cuba and Haiti and set up its own cocoa plantations there.

**In the 17th century**, the Dutch, who were great navigators, broke Spain's monopoly of cocoa when they captured Curacao. They not only brought cocoa beans from America to Holland, where cocoa was greatly acclaimed and recommended by doctors as a cure for almost every ailment, but also enabled the trade in cocoa beans to spread.

**Chocolate probably reached Germany in 1646**, brought back by visitors to Italy. The secret of the aromatic chocolate-flavoured drinks finally reached England from France in the 1650s when they became very popular at the court of King Charles II.

**Up until this point all chocolate recipes were based on plain chocolate.** It was an English doctor, Sir Hans Sloane, who - after travelling in South America - focused on cacao and food values, bringing a milk chocolate recipe back to England. The original Cadbury Milk Chocolate was prepared to his recipe.