

Chocolate makers have designed many kinds of chocolate. Here are three types you can buy on the market.



Milk chocolate

Chocolate is made from cacao.

Cacao comes from the cocoa bean.

Chocolate makers make it into a powder and mix it with milk. Milk chocolate is very common these days. It comes in all kinds of snacks.



White chocolate

Do you know what can make chocolate white? White chocolate is light coloured because it is made from sugar, milk and cacao butter, not cacao. It contains **traces** of caffeine and this makes it safe for people with **medical** conditions who are badly affected by caffeine.



Dark chocolate

It tastes bitter and has lots of cacao. It is actually more rich in cacao than in sugar. Some believe it is good for you.



Chocopedia

- 1. Chocolate is a national product of Mexico (墨西哥).
- 2. It comes from cacao.
- 3. The exact date of discovery is unknown but it is widely believed to be as early as 3000 BC.
- 4. It releases 'happy hormones'. So, it is a food that changes moods.
- 6. It was **discovered** by Spanish (西班牙的) adventurers.
- 7. Cote d'Ivoire (科迪特亞) is the world's top cocoa producer.



How chocolate is made

The cocoa bean is the fatty seed of the Theobroma cocoa (可可樹), a **tropical** plant.



After cocoa beans are removed from a pod, they can be **cracked** and de-shelled using various methods.



De-shelled cocoa beans are called nibs.



Nibs are then pressed and processed into a cocoa paste that is used to make chocolate.

