

CHAPTER ONE FOOD

For the Love of Chocolate

The Aztecs of Mexico knew about chocolate a long time ago. They made it into a drink. Sometimes they put **hot** chili peppers with the chocolate. They called the drink xocoatl, which means "**bitter** juice." This is where the word chocolate comes from.

The Spanish went to Mexico and took the drink from the land of the Aztecs back to Spain. The Spanish didn't like peppers, so they **added** sugar. They also liked to drink chocolate hot, and hot chocolate was born. This drink became very popular in Europe. People added different things like eggs to the chocolate drink. But everybody's favorite was chocolate in milk **instead of** water.

There was still no hard chocolate until around 1850. Then the British made the first **chocolate bar**. Twenty-five years later, two men in Switzerland mixed milk with the hard chocolate. Milk chocolate soon became a favorite all over the world.

Is chocolate good for you? For hundreds of years, people thought that chocolate was good for health. Doctors told people to have a chocolate drink for headaches and many other problems. Today, there is good news for chocolate lovers. Scientists think that a little bit of chocolate is good for you! It gives you **energy** and has vitamins to keep your body healthy.

The Aztecs believed that chocolate made you intelligent. Today, we do not believe this. But chocolate has a special **chemical** called phenylethylamine. This is the same chemical the body makes when a person is in love. Which do you prefer—eating chocolate or being in love?

Writing Instructions

1. Look at these pictures. Number them in the correct order. Then fill in the blanks with the words given.

fill put pour leave boil



.....some tea into the teapot.



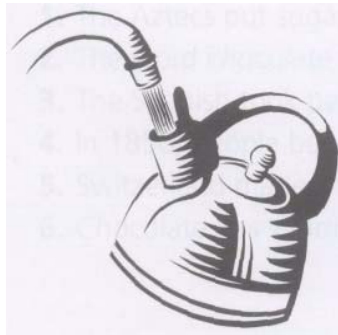
.....the tea into the cup.



.....for a few minutes.



.....the teapot with boiling water.



.....the kettle with water



.....the water.

Now write the complete sentences in the correct order.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....

3. Find the mistakes. There are 10 mistakes in grammar and capitalization. Find and correct them.

Jackie loves chocolates. When she has money, she buy a box of belgian chocolates. They are the most expensivest chocolates. She like chocolates bitter. She doesn't like the swiss chocolates milk. When she is sadly, she eats one piece of chocolate. When she is tired, she eats one.

After she eat a chocolate, jackie is Happy.

4. Write Sentences: Answer these questions with complete sentences. Then rewrite in paragraph form.

1. Which do you like best: ice cream, cookies, cake, or chocolate?
2. Do you eat this food every day? How many times a week or month do you eat it?
3. When do you eat it ?
4. What do you eat it with (milk, coffee, alone)? Do you eat it after a meal or between meals?
5. How much do you like this food?

Paragraph Form

It is important that you start to write using the form of a paragraph. Next semester, you will learn how to write a good paragraph with a topic sentence. But for now it is important for you just to follow the formal.

1. Use lined paper.
2. Write your name, the date, and the class in the upper right-hand corner of the paper.
3. Write a title in the center at the top of the page. Capitalize the first word, and all important words in the title. Do not capitalize the, a, an, or prepositions unless they begin the title.
4. Leave a 1-inch margin on the left-hand side of the paper.
5. Indent the first line of every paragraph.
6. Write on every other line of the paper.
7. Capitalize the first word in each sentence and end each sentence with a period.

Edit Your Paragraph

Work with a partner or your teacher to edit your paragraph. Check spelling, punctuation, vocabulary, and grammar. Use the editing checklist below.

Editing Checklist

- Subject in every sentence?
- Verb in every sentence? :
- Words in correct order?
- Sentences begin with a capital letter?
- Sentences end with a period directly at the end of a sentence?
- Sentences have a space between them?
- Commas in the correct place?
- Wrong words?
- Spelling?
- Missing words (use insertion mark: ^)?

Write Your Final Copy

When your rough draft has been edited, you can write the final copy of your paragraph.

Vocabulary (Listening)

A. Vocabulary in Context: Complete the following sentences according to the passage listened.

1. The Aztecs likedfood like chili peppers.
2. The Aztecs drankchocolate.
3. The Spanishsugar to the chocolate drink.
4. People liked to use milkwater for a chocolate drink.
5. The first hard chocolate was a British.....
6. Chocolate is good for the body. It gives people.....
7. Chocolate has phenylethylamine. This is a.....

Reading Comprehension (listening – reading)

A. Listening for the main ideas: Complete the following sentences according to the passage listened.

1. The Aztecs made.....
2. The Spanish
3. Chocolate.....

B. Looking for the details. Write T if the sentence is true, write F if the sentence is false

-1. The Aztecs put sugar into chocolate.
-2. The word chocolate means “bitter juice”.
-3. The Spanish took peppers to Europe.
-4. In 1850, people began to eat chocolate.
-5. Switzerland made the first milk chocolate.
-6. Chocolate has vitamins.

Vocabulary (writing)

B. Vocabulary in the New Context : Answer the questions with complete sentences.

1. Let’s say you can’t eat chocolate. What do you eat instead of chocolate?
.....
2. What is the name of your favorite chocolate bar?
.....
3. What food or drink gives you energy?
.....
4. What is something that is bitter?
.....
5. What do you add to food to make it sweet?
.....
6. What do you add to food to make it hot?
.....

C. Vocabulary Building: Complete these sentences with the words given.

add (verb)	energize (verb)	hot (adjective)
(an) addition (noun)	energy (noun)	heat (noun)

1. When you8 to 7 you get 15.
2. We are having veryweather at the moment.
3. Every week he gives a talk tohis workers.
4. We haveto our family : a baby boy.
5. Theof my body melted the chocolate in my pocket.
6. My five-year –old sister has a lot of.....