

Searching for CHOCOLATE!!!! (Or... Hand over the Chocolate and Nobody gets Hurt)



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**Developed by:
Karlene Christensen
Bonnie Teeples**

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Introduction: Chocolate, food of the Gods! **Let's have fun exploring the history of chocolate and talk about why chocolate is so important in our lives!** First please take this short quiz on **CHOCOLATE!!**

Quiz discussion: Distribute the Quiz and ask the class not to check the back! Discuss the questions and answers on the quiz.

Knock knock!
Who's there?
Imogen.
Imogen who?
Imogen life without chocolate!

ASK: What are some of the words that come to mind when I say "Chocolate"? (Have group give the first word that comes to mind when they hear the word "Chocolate".)

Some of you described the taste of chocolate and some of you described how you feel before and after you have CHOCOLATE. Why did you give the answer you gave? How many of you think no day is complete without some CHOCOLATE? We will find out why you are correct later on in the presentation.

History of Chocolate:

Did you know that chocolate was first cultivated and consumed by the Mayans and Aztecs? By the year 1000 A.D. the beans were being used as currency. The Aztecs believed that drinking chocolate, which was the undiluted, unsweetened liquor from the fermented cacao beans, would bring great wisdom, understanding and energy. Its use was reserved for the ruling and priestly classes. Montezuma always drank a goblet of chocolate before visiting his harem, and chocolate figured quite strongly in Aztec religious practices as a way of establishing a higher consciousness. Legend held that the Aztecs had persuaded the dread god Quetzalcoatl to leave them in peace by giving him gallons of chocolate, which was also known as Quetzalcoatl.

In 1492 Columbus was given some of the cacao beans and took them back to Spain, but he did not know how to process and ferment them. In 1519, Cortez descended upon the Aztecs and eventually destroyed Montezuma's armies and his capital. The Aztecs were convinced that Quetzalcoatl had returned as prophesied, and they tried to get him to leave by again plying him with chocolate.

It did not work very well, as Cortez organized the area as a Spanish colony, but it did introduce Cortez to not only the consumption but also the processing of chocolate. He took the beans and the process back to Spain. The Spaniards added sugar and honey to the bitter liquid and then fell in love with it. As in the Americas, its use was reserved for members of the court. Chocolate was kept a secret by the Spanish court for almost a hundred years.

In 1615, a Spanish princess married Louis XIII of France and the secret got out. Chocolate spread from France to England, Italy, Germany, Austria, and Switzerland.

In France, chocolate was met with skepticism and was considered a "barbarous product and noxious drug". The French court was doubtful and accepted it only after the Paris faculty of medicine gave its approval. A French queen finally saved the day. In 1615, Anne of Austria, wife of Louis XIII declared chocolate as **the** drink of the French court.

During the early seventeenth century, chocolate found its way to Italy and England, among other European countries. In 1650, chocolate became the rage in Oxford and in 1657, a shop called **The Coffee Mill and Tobacco Roll** opened in London. Although chocolate was not featured, the drink quickly became a best seller. As the popularity of chocolate grew, England imposed an excessive duty of 10-15 shillings per pound. By the way, the duty was comparable to approximately three-fourths its weight in gold. It took almost 200 years before the duty was dropped.

In 1753, Carolus Linnaeus named the tree *Theobroma cacao*, which meant "food of the gods, chocolate." How appropriate. In fact, the cacao tree's botanical name, *Theobroma cacao*, pays homage to its mythical origins. The

Aztecs held that prophets had brought cocoa beans to their lands. Thus, the beans were a valued commodity, not only for use as a kingly drink but also as a medium of exchange. Four cocoa beans were the price of a turkey, for example.

In the United States, chocolate was first manufactured in 1765. It was introduced at Milton Lower Mills, near Dorchester, Massachusetts by John Hanau and James Baker who opened a processing house.

The Swiss began making chocolate in the mid 1800's. Switzerland, at the time, had cows but did not have abundant commodities of chocolate and sugar. In 1876, M. Daniel Peter attempted to add milk to chocolate to produce a smoother chocolate. However, adding water to chocolate made the chocolate shrink, separate, and generally disintegrate. Milk has water in it, and it took Peter 8 years of experimenting before taking his product to Henry Nestle, a maker of evaporated milk. Nestle had perfected the manufacture of condensed milk, and he and Peter hit upon the idea of mixing sweetened condensed milk with chocolate.

The invention of the cocoa press in 1828 by C. J. Van Houten, a Dutch chocolate master, helped reduce the price of chocolate and bring it to the masses. By squeezing out cocoa butter from the beans, Van Houten's "dutching" was an alkalizing process which removed the acidity and bitterness, which is why alkali processed cocoa is also called Dutch chocolate.

Chocolate was available only as cocoa or as a liquid until 1879. It was Rodolphe Lindt who thought to add cocoa butter back to the chocolate. Adding the additional cocoa butter helped the chocolate set up into a bar that "snaps" when broken as well as melting on the tongue.

World War I really brought attention to the chocolate candies. The U.S. Army Quartermaster Corps had commissioned various American chocolate manufacturers to provide 20 - 40-pound blocks of chocolate to be shipped to bases in the field. The blocks were chopped up into smaller pieces and distributed to doughboys in Europe. Eventually the task of making smaller pieces was turned back to the manufacturers.

By the end of the War when the doughboys arrived home, the American chocolate business was assured. Why? Because the returning doughboys had grown fond of chocolate candy and now as civilians wanted more of the same.

And those chocolate chip cookies!!!!!!! How many chocolate chip cookies have you eaten or baked in your lifetime!? Can you believe that there were mothers that did not ever bake a chocolate chip cookie for their little boys????? George Washington, Abe Lincoln, and Mark Twain (to name a few) have never tasted that delicious confection called chocolate chip cookies!!!!

Ruth Wakefield invented the Chocolate Chip cookie in the 1930's. She and her husband ran an inn in Massachusetts, called the Toll House Inn. The story says that she ran out of baker's chocolate, so she broke up some of the semi-sweet bars of chocolate that Andrew Nestle had given her. She thought it would mix in the dough and make an all-chocolate cookie. It did not and so Toll House Cookies were born. The Chocolate Chip cookie is one of the most popular cookies in America today.

Why Chocolate? Maybe searching for chocolate was the wrong term to use! Maybe the title should say "tearing the house apart" looking for chocolate! I am sure most of you have had those days, things are going along okay and then BAM! It hits and you "need chocolate and you need it NOW!"

Well, it turns out that you are pretty normal. Chocolate cravings are natural and sometimes, women **NEED** chocolate. They need chocolate as well as other foods high in starch, sugar, and fat to stabilize moods, control weight, and give us a sense of well-being.

Food cravings are nature's way of telling us that we **need** to eat whatever we are craving in order to feel good. Research from several universities show that various foods high in sugar and starch boost the potent brain chemical **SEROTONIN**. Serotonin brings the feeling of calmness and mood stability. Women frequently crave sugar because of the effect estrogen has on brain chemicals and blood sugar levels. AND women do not just crave

sugar for its calming effect, they also crave fat for the mood elevating effect it has. Fat releases endorphin's which energize the mind and lift the spirit.

It seems that a powerful craving many women have is for sugar and fat combinations and the most powerful craving is for chocolate which is 50% sugar and 50% fat.

So NOW you know why you feel that your day is not complete without CHOCOLATE! There are also some fun facts about chocolate and health on handout #2.

This lesson leader guide can be used with the National FCE Hearth Fire Series Lesson #7. Select several points from the booklet to discuss with the group as you want, and time allows. There is also a "Fun Facts About Chocolate" hand out included that can be discussed or given out.

A couple more funnies about chocolate!

- Mom: "Fred, there were two chocolate cakes in the larder yesterday, and now there's only one. Why?"
Fred: "I don't know. It must have been so dark I didn't see the other one."
- A man found a bottle on the beach. He opened it and out popped a genie, who gave the man three wishes. The man wished for a million dollars, and poof! There was a million dollars. Then he wished for a convertible, and poof! There was a convertible. And then, he wished he could be irresistible to all women... Poof! He turned into a box of chocolates.

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Participant Handout #1

Chocolate quiz:

1. What is the main filling in Reeses's?
2. Which country is the largest producer of cocoa?
3. In which country was milk chocolate invented?
4. How many cacao beans is needed to make 1 kilo of chocolate?
5. What is the largest chocolate manufacturer in the world?
6. Which M&M's is the sarcastic one?
7. M&M's were invented during WWII True/False
8. The first chocolate bar was produced in 1847 True/False
9. Cocoa beans grow in cold and dry climates True/False
10. Dark chocolate is the most popular type of chocolate True/False
11. In which American City was Ghirardelli founded?
12. Are cocoa beans a fruit or vegetable?
13. What was the first created chocolate product?
14. How many types of cocoa beans are there?
15. What is the fourth rarest type of chocolate?

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Participant Handout #1 (continued)

Chocolate Quiz Answers:

1. Peanut Butter
2. Ivory Coast
3. Switzerland in 1875
4. 900 beans
5. Mars
6. Red
7. True
8. True
9. False
10. False
11. San Francisco
12. Fruit – They are seeds of the Theobroma Cacao Tree
13. Hot Chocolate
14. Two – Criollo-is a better-quality bean but has a lower yield so is more expensive. Trinitario and Forastero beans are an exceptional high-yielding variety from Brazil and W. Africa.
15. Blond Chocolate – Also commonly called toasted White Chocolate or caramelized chocolate is a relatively recent addition to the chocolate spectrum . It is basically a cooked white chocolate which takes advantage of the mailard reaction to lend a caramel-like flavor to the final chocolate – Like the Hershey’s Gold Peanuts and Pretzels bar.

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Participant Handout #2

Fun Facts About Chocolate

- ❖ The fruit of the cacao tree is a melon-shaped pod that grows directly from the tree's trunk or limbs. The pods begin as small flowers, which are pollinated by a tiny midge (rather than a bee). Successfully pollinated flowers bear fruit, and that fruit becomes the cacao pod. There are anywhere from 20 to 50 cream-colored seeds (called beans) inside each pod. The seeds, each roughly the size of an olive, are surrounded by a milky-white pulp. As pods ripen, they turn varying shades of orange, yellow, and red.
- ❖ Cacao has been around for thousands of years and is probably one of the oldest of nature's foods.
- ❖ Hershey's Kisses were first produced in 1907 and were shaped like a square. A new machine in 1921 gave them their current shape.
- ❖ Chocolate supposedly made its film debut when Jean Harlow ate candy in the 1933 comedy 'Dinner at Eight'.
- ❖ The smell of chocolate increases theta brain waves, which triggers relaxation.
- ❖ Chocolate has an anti-bacterial effect on the mouth and protects against tooth decay.
- ❖ Chocolate is beneficial for proper blood flow to the lungs and other organs.
- ❖ The minerals in chocolate help to increase brain power and function.
- ❖ The American Heart Association recommends that daily cholesterol intake not exceed 300 mg. A chocolate bar is actually low in cholesterol. A 1.65 oz. bar contains only 12 mg. A 1oz. piece of cheddar cheese contains 30 mg of cholesterol, more than double the amount found in a chocolate bar.
- ❖ Ten percent of U.S. Recommended Daily Allowance of iron is found in one ounce of baking chocolate or cocoa. Chocolate also contains Vitamins A1, B1, B2, C, D and E as well as calcium, potassium, sodium, and iron, and more protein than a banana.