



# Caladenia

Welcome to the wonderful world of chocolate!

Enjoy the sweet and chocolatey activities

As the weather gets colder – it's nice to warm up with a hot  
chocolate or a chocolate treat.

It's good for you!

# Chocolate Milkshakes!

O W N D R I N K X A M Z E S N Y D A Z X  
 E Z I E M O L O G N I I C G H A U W J I  
 U K B I M K U X G T L M Z U P B P J J E  
 E N J O Y R T O Y X K U N K A Y Z H J O  
 E W Q I R M A I L N B R O M Z Z I E J C  
 G U T Y B S H A K E C V C Z S M G U A H  
 X H V F Y W H I P P E D C R E A M B E O  
 V W P F F M S R I V T Z O B A L T J E C  
 P S T S H T R W H W X D J C F T Y K I O  
 A H V N A U O X F T H Z Q B U U F G E L  
 B I C E C R E A M S C O O P S E D U J A  
 H M I R X C C G T H F G K E S U S K C T  
 R O C T S D R E I M G R S S A F Y B G E  
 T A L L G L A S S C H E R R Y S R U R S  
 O V G B D B E V E R A G E Y Y D U J P W  
 E S L C A V V T R E A T T A S U P W F S  
 C Q F G U N J S Q U T C R N U L V J F X  
 G L G Y P M N V O F N X A X W V U O U O  
 F Y M E W B L M Z E V A N I L L A S D X  
 D K K E U L N K Q E J K Z G W X Z E I V

Ice Cream Scoops

Whipped Cream

Tall Glass

Chocolate

Beverage

Vanilla

Cherry

Enjoy

Drink

Treat

Syrup

Shake

Milk

Malt

# The delicious history of chocolate

The history of chocolate can be traced to the ancient Mayans, and even earlier to the ancient Olmecs of southern Mexico. The word chocolate may conjure up images of sweet candy bars and luscious truffles, but the chocolate of today is little like the chocolate of the past. Throughout much of history, chocolate was a revered but bitter beverage, not a sweet, edible treat.



## How Chocolate Is Made

Chocolate is made from the fruit of cacao trees, which are native to Central and South America. The fruits are called pods and each pod contains around 40 cacao beans. The beans are dried and roasted to create cocoa beans.

It's unclear exactly when cacao came on the scene or who invented it. According to Hayes Lavis, cultural arts curator for the Smithsonian's National Museum of the American Indian, ancient Olmec pots and vessels from around 1500 B.C. were discovered with traces of theobromine, a stimulant compound found in chocolate and tea.

It's thought the Olmecs used cacao to create a ceremonial drink. However, since they kept no written history, opinions differ on if they used cacao beans in their concoctions or just the pulp of the cacao pod.

## Mayan Chocolate

The Olmecs undoubtedly passed their cacao knowledge on to the Central American Mayans who not only consumed chocolate, they revered it. The Mayan written history mentions chocolate drinks being used in celebrations and to finalize important transactions.

Despite chocolate's importance in Mayan culture, it wasn't reserved for the wealthy and powerful but readily available to almost everyone. In many Mayan

households, chocolate was enjoyed with every meal. Mayan chocolate was thick and frothy and often combined with chili peppers, honey or water.

### **Cacao Beans as Currency**

The Aztecs took chocolate admiration to another level. They believed cacao was given to them by their gods. Like the Mayans, they enjoyed the caffeinated kick of hot or cold, spiced chocolate beverages in ornate containers, but they also used cacao beans as currency to buy food and other goods. In Aztec culture, cacao beans were considered more valuable than gold.



Aztec chocolate was mostly an upper-class extravagance, although the lower classes enjoyed it occasionally at weddings or other celebrations.

Perhaps the most notorious Aztec chocolate lover of all was the mighty Aztec ruler Montezuma II who supposedly drank gallons of chocolate each day for energy and as an aphrodisiac. It's also said he reserved some of his cacao beans for his military.

### **Cacao Powder**

When chocolate first came on the scene in Europe, it was a luxury only the rich could enjoy. But in 1828, Dutch chemist Coenraad Johannes van Houten discovered a way to treat cacao beans with alkaline salts to make a powdered chocolate that was easier to mix with water.

The process became known as "Dutch processing" and the chocolate produced called cacao powder or "Dutch cocoa."

Van Houten supposedly also invented the cocoa press, although some reports state his father invented the machine. The cocoa press separated cocoa butter from roasted cocoa beans to inexpensively and easily make cocoa powder, which was used to create a wide variety of delicious chocolate products.

Both Dutch processing and the chocolate press helped make chocolate affordable for everyone. It also opened the door for chocolate to be mass-produced.

### **Nestle Chocolate Bars**

For much of the 19th century, chocolate was enjoyed as a beverage; milk was often added instead of water. In 1847, British chocolatier J.S. Fry and Sons created the first chocolate bar moulded from a paste made of sugar, chocolate liquor and cocoa butter.



Swiss chocolatier Daniel Peter is generally credited for adding dried milk powder to chocolate to create milk chocolate in 1876. But it wasn't until several years later that he worked with his friend Henri Nestle and they created the Nestle Company and brought milk chocolate to the mass market.

Chocolate had come a long way during the 19th century, but it was still hard and difficult to chew. In 1879, another Swiss chocolatier, Rudolf Lindt, invented the conch machine which mixed and aerated chocolate giving it a smooth, melt-in-your-mouth consistency that blended well with other ingredients.

By the late 19th century and early 20th century, family chocolate companies such as Cadbury, Mars, Nestle and Hershey were mass-producing a variety of chocolate confections to meet the growing demand for the sweet treat.

### **Chocolate Today**

Most modern chocolate is highly-refined and mass-produced, although some chocolatiers still make their chocolate creations by hand and keep the ingredients as pure as possible. Chocolate is available to drink, but is more often enjoyed as an edible confection or in desserts and baked goods.

While your average chocolate bar isn't considered healthy, dark chocolate has earned its place as a heart-healthy, antioxidant-rich treat.

## Fair-Trade Chocolate

Modern-day chocolate production comes at a cost. As many cocoa farmers struggle to make ends meet, some turn to low-wage or slave labour (sometimes acquired by child trafficking) to stay competitive.

This has prompted grass roots efforts for large chocolate companies to reconsider how they get their cocoa supply. It's also resulted in appeals for more "fair trade" chocolate which is created in an ethical and sustainable way.

## Chocolate Scramble!!

<b>X Wit</b>	
<b>Uonytb</b>	
<b>Way Ilk My</b>	
<b>Tik Tak</b>	
<b>Gay Lax</b>	
<b>Skcinres</b>	
<b>Sab Ramr</b>	
<b>Balk Miry</b>	
<b>Stoob</b>	

## Chocolate Jokes:

\*Mum: Fred there were 2 chocolate cakes in the pantry yesterday, now there is only 1, Why? Fred: I don't know. It must have been so dark I didn't see the other 1!

\*Lady to the waitress: I would like 'Death by Chocolate' for dessert please, but only enough to put me in a critical condition!

\*Aman found an old bottle on the beach, as he opened it out popped a genie, who gave the man 3 wishes. The man wished for \$1,000,000, and before he could blink an eye,

\$1,000,000 appeared. The man then wished for the latest Lamborghini convertible he had seen, and before he could say ' please', the convertible appeared. For his last and final wish the man considered for a moment and said 'I wish to be irresistible to all women', and without a second thought, the genie turned the man into a box of chocolates!

## Chocolate Quotes:

All you need is love. But a little Chocolate now and then doesn't hurt!

Charles M. Schulz American cartoonist and creator of the comic strip 'Peanuts'

Having been married to Robyn for over 20 years, I'm finally starting to scratch the surface of 'what women want'. And I think the answer lies somewhere between conversation and Chocolate!      Mel Gibson [ Actor/Filmmaker]

When it comes to Chocolate, resistance is futile!

Chocolate doesn't ask silly questions, Chocolate understands

You can't buy happiness, but you can buy Chocolate, It's kind of the same thing, isn't it?? A balanced diet? Chocolate in both hands!

Chocolate is Mother Nature's way of making up for Mondayitis! Forget falling in love, I'd rather fall in Chocolate!

Strength is the capacity to break a Chocolate bar into 4 pieces with your bare hands - then eat Only 1 piece!

If you get Chocolate all over your hands, you're eating it too slow! And lastly-

Stay safe, Smile often, Share a happy moment each day, Laugh loudly, EAT CHOCOLATE!





# Word Search

## CHOCOLATE MILKSHAKE



OWNDRINKXAMZESNYDAZX  
EZIEMOLOGNIICGHAUWJI  
UKBIMKUXGTLMZUPBPJJ E  
ENJOYRTOYXKUNKAYZHJO  
EWQIRMAILNBROMZZIEJC  
GUTYBSHAKECVCZSMGUAH  
XHVFYWHIPPEDCREAMBE O  
VWPF FMSRIVTZOBALTJEC  
PSTSHTRWHWXDJCFTYKIO  
AHVNAUOXFTHZQBUUFGE L  
BICECREAMSCOOPSEDUJA  
HMIRXCCGTHFGKESUSKCT  
ROCTSDREIMGRSSAFYBGE  
TALLGLASSCHERRY SRURS  
OVGBDBEVERAGEYYDUJ PW  
ESLCAVV TREATTASUPWFS  
CQFGUNJSQUTC RNULVJFX  
GLGYPMNV OFNXAXWVUOUO  
FYMEWBLMZEVANILLASDX  
DKKEULNKQEJKZGWXZEIV

Ice Cream Scoops	Whipped Cream	Tall Glass	Chocolate
Beverage	Vanilla	Cherry	Enjoy
Drink	Treat	Syrup	Shake
Milk	Malt		

How many words of 3 letters or more can you make from -

# CHOCOLATE

[illegible]

## Chocolate Categories

	<b>A FOOD</b>	<b>GIRL'S NAME</b>	<b>PLACE NAME</b>	<b>BOY'S NAME</b>
<b>C</b>				
<b>H</b>				
<b>O</b>				
<b>C</b>				
<b>O</b>				
<b>L</b>				
<b>A</b>				
<b>T</b>				
<b>E</b>				

# Weird and Wonderful Chocolate Facts

## 1. THERE ARE MULTIPLE CELEBRATIONS OF CHOCOLATE EACH YEAR.

Holiday makers are constantly on the hunt for a reason to munch on chocolate, so the calendar offers plenty of excuses to buy a bar. July 7 is also Chocolate Day, a nod to the historical tradition that the day marks when chocolate was first brought to Europe on July 7, 1550, though a number of sources argue that it might have hit the continent's shores as far back as 1504, thanks to Christopher Columbus. Official day or not, we do know that chocolate first arrived in Europe some time in the 16th century. There's also National Milk Chocolate Day on July 28, International Chocolate Day on September 13, and, of course, National Bittersweet Chocolate With Almonds Day on November 7.

## 2. CHOCOLATE IS ACTUALLY A VEGETABLE—KIND OF.

Milk and dark chocolate come from the cacao bean, which grows on the cacao tree (*Theobroma cacao*), an evergreen from the family Malvaceae (other members of the family include okra and cotton). This makes the most important part of the sweet treat a vegetable.

## 3. WHITE CHOCOLATE IS NOT CHOCOLATE.

Because it doesn't contain cocoa solids or chocolate liquor, white chocolate isn't chocolate in the strict sense. But it does contain parts of the cacao bean—mainly cocoa butter.

## 4. THE CACAO BEAN IS NATIVE TO MEXICO AND BOTH CENTRAL AND SOUTH AMERICA.

It's believed that inhabitants of these areas first started cultivating the bean as far back as 1250 BCE, and perhaps even earlier.

## 5. HOT CHOCOLATE WAS THE FIRST CHOCOLATE TREAT.

Cacao was brewed in both Mexican and Aztec culture, though the result was nothing like today's hot chocolate—it was a typically bitter concoction that was often used for ceremonial occasions like weddings.

## 6. MARIE ANTOINETTE LOVED HOT CHOCOLATE (THE MODERN KIND).

Marie didn't just love cake, she also loved chocolate, and hot chocolate was frequently served at the Palace of Versailles. It wasn't just the taste everyone loved—it was also believed that the drink was an aphrodisiac.

## 7. CACAO WAS ONCE USED AS CURRENCY.

The Aztecs loved and valued the cacao bean so highly that they used it as currency during the height of their civilization.

## 8. SPANISH FRIARS HELPED SPREAD THE LOVE.

After cacao and chocolate were introduced to Europe, traveling Spanish friars took it to various monasteries, handily spreading it around the continent.

## 9. A PAIR OF BRITISH CONFECTIONERS INVENTED SOLID CHOCOLATE.

The Fry and Sons shop concocted what they called "eating chocolate" in 1847 by combining cocoa butter, sugar, and chocolate liquor. This was a grainy, solid form of the treat.

## 10. COCOA AND CACAO ARE THE SAME THING.

The words are interchangeable! It's all one bean.

## 11. NAPOLEON LOVED CHOCOLATE.

The French leader demanded that wine and chocolate be made available to him and his senior advisers even during intense military campaigns.

## 12. BAKER'S CHOCOLATE ISN'T JUST FOR BAKING.

Dr. James Baker and John Hannon founded their chocolate company—later called Walter Baker Chocolate—in 1765. That's where the term "Baker's Chocolate" comes from, not to denote chocolate that's just meant for cooking.

## 13. MILTON HERSHEY REALLY WAS A CANDY KING.

The Pennsylvania native may be best known for starting The Hershey Chocolate Company in good old Hershey, PA, but he got his start in candy long before hooking up with chocolate. He founded his first company, The Lancaster Caramel Company, when he was 30 years old.

## 14. MILK CHOCOLATE WAS INVENTED IN SWITZERLAND.

Daniel Peter created the tasty treat in 1875—after eight years of trying to make his recipe work. Condensed milk ended up being the key ingredient.

## 15. MAKING CHOCOLATE IS HARD WORK.

Despite its regal background and revered status, the cacao bean doesn't just magically turn into chocolate—it takes about 400 beans to make a single pound of the good stuff.

## 16. THE FIRST CHOCOLATE BAR WAS MADE IN ENGLAND.

Way back in 1842, the Cadbury company made the very first chocolate bar. The company is still in existence, and is perhaps most famous for their delightful Easter-themed treats.

## 17. MOST CACAO IS NOW GROWN IN AFRICA.

Despite its Amazonian roots, most cacao—nearly 70 percent of the world's supply—comes from Africa. The Ivory Coast is the largest single producer, providing about 30 percent of all the world's cacao.

## 18. CACAO TREES CAN LIVE TO BE 200 YEARS OLD.

That may sound impressive, but the tropical beauties only make viable cacao beans for just 25 years of their lifespan.

## 19. THERE ARE TWO KINDS OF CACAO.

Most modern chocolate comes from forastero beans, which are considered easy to grow—though the crillo bean is believed to make much tastier chocolate.

## 20. CHOCOLATE HAS A SPECIAL MELTING POINT.

Chocolate is the only edible substance to melt around 93° F, just below the human body temperature. That's why chocolate melts so easily on your tongue.



**"There was a time when I had to actually  
EAT the chocolate before it went  
straight to my hips!"**

