



A long, long time ago, the people on Earth did not have chocolate. Back then, chocolate was a food that only the gods had. When the world began, the gods drank chocolate. They believed that chocolate made them wise and strong.

The gods didn't want the people to be wise or strong. The gods wanted to control the people. If the people were wise and strong, they would be difficult to control.

So the gods guarded the cacao tree, the tree from which chocolate is made, very closely. They kept the tree for themselves.

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But one of the gods, Quetzalcoatl, did not want to keep chocolate from the people. Quetzalcoatl was a generous god. He taught the people how to farm and he gave them corn. Without his help, the people on Earth would have died.

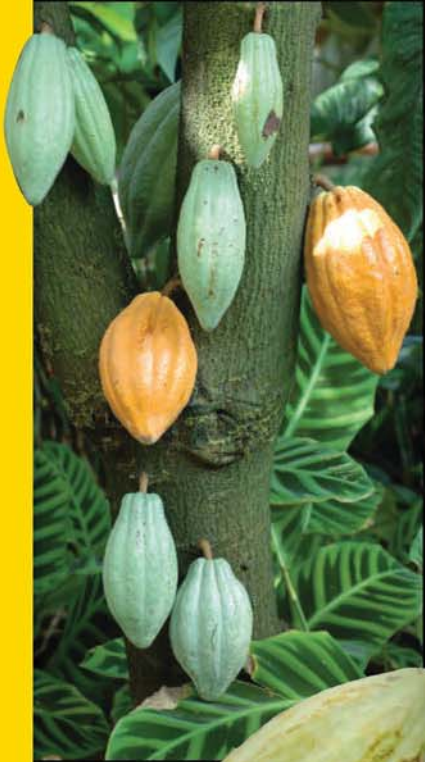
The people were grateful to Quetzalcoatl. To show their thanks, they built temples to honour him.

Quetzalcoatl was pleased by this so he decided to do something else for the people. He decided to share chocolate, the food of the gods, with them.

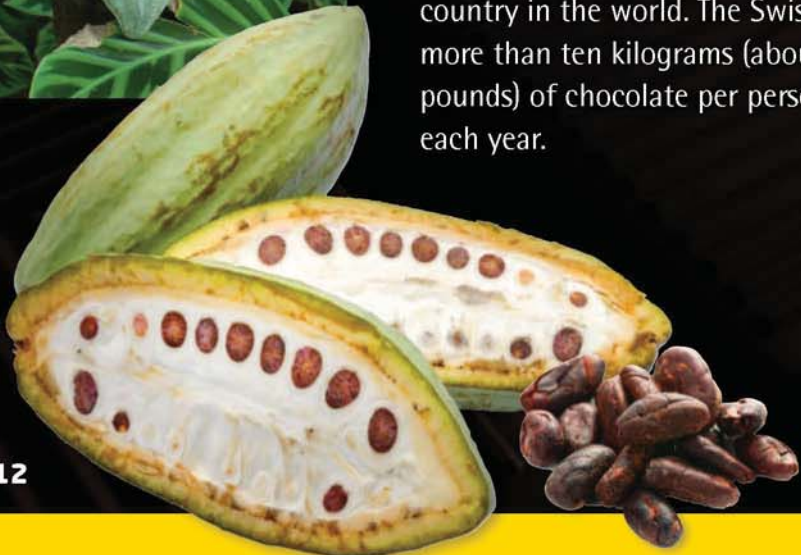
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Facts About Chocolate

Chocolate is the favourite treat of many people around the world. But how much do you know about chocolate? Here are some fun facts about this irresistible treat.



- Chocolate comes from fruits called pods that grow on cacao trees. It takes about five years after a cacao tree has been planted for it to produce pods.
- A cacao pod can contain 20–60 cacao beans.
- It can take the whole year's crop from one tree to make 450 grams (a little less than 16 ounces) of chocolate.
- Over 50 per cent of the cacao beans harvested each year are consumed by people in European Union countries.
- People in Switzerland consume more chocolate than people in any other country in the world. The Swiss eat more than ten kilograms (about 22 pounds) of chocolate per person each year.



- Africa produces about two-thirds of the world's cacao beans. But Africans don't consume much chocolate themselves. One reason is that chocolate becomes liquid at about 32°C (90°F), so it melts easily in countries with hot climates.
- Before 1847, there were no chocolate bars. Selling chocolate in a bar form was an idea created that year by a chocolate company in England.
- Chocolate can be good for you. There have been studies which show that eating chocolate, especially dark chocolate, may help keep your heart healthy.
- Chocolate contains chemicals that can make you feel happy!

