

CHOCOLATE: A SHORT AND SWEET HISTORY

Use what you have learned on the previous page to answer the following questions.

- Which cultures were the first to consume chocolate?
 - The Swiss and the Dutch
 - The Mayans and Aztecs
 - The English and the Mayans
- How did chocolate become popular in Europe?
 - People discovered it grew naturally there
 - Explorers brought it back from the Americas
 - A famous actor drank it
- For most of its history, chocolate was mainly consumed by:
 - Everyone
 - Peasants
 - The upper classes
- Why was chocolate so expensive in Europe?
 - It was so delicious!
 - It took a long time to make
 - It was imported from another country

Different cultures would customize their chocolate drinks with local foods and ingredients. What foods grow in your area that would taste good in hot chocolate?

Student answers will vary.

Learn how to make a cold chocolate drink inspired by traditional Mayan and Aztec recipes!



MAYAN-AND AZTEC-INSPIRED COLD CHOCOLATE DRINK

Ingredients:

- $\frac{1}{2}$ cup dried cocoa beans or powder
- $\frac{1}{4}$ cup cornmeal
- chili powder to taste
- vanilla to taste
- 6 cups water
- sweetener (optional)

Steps:

- If using cocoa beans, grind to a fine powder.
- Whisk the cocoa powder with cold water. Slowly add the cornmeal. Whisk until a froth forms.
- Add chili powder, vanilla, and sweetener to taste.