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1.Актуальность.

Каждый человек хочет чувствовать себя счастливым: взрослые и дети, девочки и мальчики, люди различных национальностей и социального статуса, живущие как на далеком Севере, так и в южных широтах. Путь к счастью множество, и один из них – волшебный продукт шоколад.

Мой жизненный опыт показывает, что когда я съем кусочек шоколадки – мое настроение становится радостным, хочется петь, танцевать, самочувствие улучшается, ощущается прилив энергии, хочется творить. Но мама говорит, что много шоколада есть нельзя, это плохо для здоровья.

Я много думала о её словах, и решила подробнее узнать о загадочном продукте с красивым названием –шоколад, чтобы поделиться своими новыми знаниями с близкими мне людьми.

2. Проблема.

Мои друзья также как и я любят кушать шоколад и шоколадные конфеты.

Мы угощаем друг друга и вместе радуемся, когда жуем шоколадки, а во рту ощущается приятный сладкий вкус.

Неужели придется отказаться от этого вкусного и всеми любимого продукта?

Очень важно узнать: шоколад дарит нам больше пользы или приносит вред?

3.Цель.

Определить воздействие шоколада на организм человека и попробовать сделать экологически чистый шоколад в домашних условиях.

4.Объект

воздействие свойств шоколада на потребителя и способы его получения

5.Предмет

Шоколад

6. Задачи исследования:

- Познакомиться с историей возникновения шоколада.
- Изучить состав и классификацию шоколада.
- Изучить полезные и негативные свойства шоколада.
- Узнать интересные факты о шоколаде.
- Провести анкетирование среди учеников.
- Попробовать сделать шоколад в домашних условиях.
-

7. Этапы работы

1 этап – поисковый:

- чтение и анализ литературы (энциклопедий, справочников и т.п.);
- просмотр познавательных фильмов;
- посещение библиотеки.

2 этап – аналитический:

- отбор нужной информации по теме проекта;
- обработка информации.

3 этап – практический:

- оформление собранного материала и наблюдений.
- оформление презентации

4 этап – контрольный:

- анализ выполненной работы;
- подведение итогов.

Содержание

1. Вступление.

2. Основная часть

2.1. Теоретическая часть.

2.1.1. Что такое шоколад?

От зернышка до плитки.

Все о пользе шоколада.

Осторожно: не увлекайтесь!

Шоколад вокруг нас.

2.2. Практическая часть

2.2.1. Итоги социологического опроса.

2.2.2. Домашний шоколад.

3. Заключение.

8.Сроки выполнения: до 15 февраля 2016 года

9. Форма представления результатов:
текстовая презентация и ее иллюстративное обеспечение

10. Библиография.

- Интернет энциклопедия «Википедия»
- www.ru.wikipedia.org.
- The Story of Chocolate. Jennifer Gascoigne.



Chocolate is joy!

I like chocolate a lot!

It is so tasty and useful!



It makes me feel happy and improves mood that is why when I am sad my mum gives me a bar of chocolate.

Those people who like chocolate are kind and happy!

And it is always very pleasant to share a bar of chocolate with friends!

But what do we really know about chocolate?

What is chocolate?

Chocolate is a sweet.

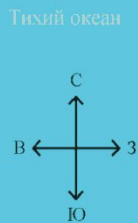
The word chocolate comes from the Mayan “xocolatl” which meant bitter water.

Chocolate grows on a tropical tree known as *Theobroma cacao*.



The birthplace of chocolate and cocoa tree is Central and South America

- Древние городища
- Современные города
- Северо-западная область
- Центральное плато
- Побережье залива
- Оахака
- Область майя



History of chocolate



Long before the discovery of America by Europeans Aztecs knew how to prepare chocolate. It was a bitter drink.

The Spanish first brought chocolate back to Europe.

“The drink of the gods” - it could afford only the rich, because this drink was sacred.

The first bar of chocolate was made in Switzerland in 1819.

The milk chocolate was created in 1875.

From a bean to a sweet



Cocoa comes from tropical evergreen Cocoa trees.

Cocoa beans grow in pods.

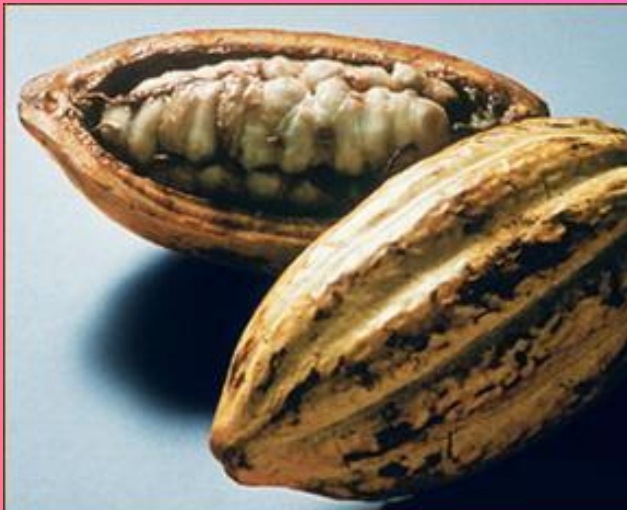
The pods are about the size of a football.

They are yellow, brown or purple.



One tree produces between 20 and 30 pods a year, each containing 20 to 50 cocoa beans.

A year's harvest from one tree is enough to make up 500 gr of chocolate.



What's in the cocoa bean?

54% Fat
(Cocoa Butter)

34% Oleic Acid
33% Stearic Acid
26% Palmitic Acid
6% Other

31% Carbohydrates

~1% Sugar, 16% Fiber

11% Protein

Arginine, Glutamine, Leucine

3% Polyphenols

Flavanols, Proanthocyanins

< 1% Minerals

Fe, Mg, P, K, Cu

First, cocoa beans are picked.

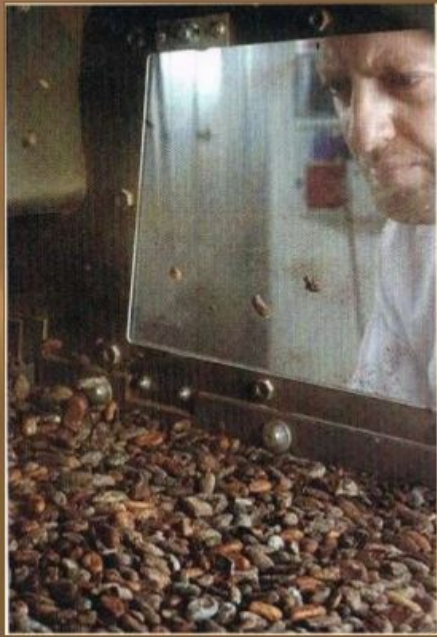


Then, they are left to ferment.

After that they are left to dry covered with banana leaves.

Finally they are transported to the factory.





In the factory the beans are roasted in an oven.

Then, the outer shell is removed and the hub is broken into small pieces.



The next step is - grinding.

Roasted beans are converted into a liquid , the “cocoa liquor” or “cocoa mass”.



The last step is blending.
After blending the cocoa liquor is cooled.

The cocoa liquor can be use for cocoa butter or it can be mixed with cocoa butter and sugar to make chocolate.

Finally the chocolate is packed.



Sorting

Cleaning

Roasting

Shredding



Cocoa beans

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graph TD; A[Cocoa beans] --> B[Cocoa mass]; A --> C[Cocoa butter]; A --> D[Cocoa powder]; B --> E[Chocolate]; C --> E; D --> F[Cocoa - cake];
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Cocoa mass

Cocoa butter

Cocoa powder

Chocolate

Cocoa - cake

The processing

The main types of chocolate are:

- *Unsweetened*
- *Dark*
- *White*
- *Milk*
- *Semi-sweet*
- *Bittersweet*



The benefits of chocolate

- 1.Chocolate charges with vigor and improves mood.
- 2.The smell of chocolate is making us feel calm.



3. Chocolate is good for stress.

STRESSED =DESSERTS =CHOCOLATE

4.It can boost your immune system.

5.Chocolate saves from a heart attack and stroke.
It makes you live longer.

6.Chocolate lowers blood pressure.

7.Chocolate protects vessels from
atherosclerosis.



8. Dark chocolate can prevent tooth decay.

It is good for your teeth and gums.



9. Chocolate boosts the appetite



10. It improves memory.

11. Chocolate wrap is a drug for skin.
It eliminates excess weight.



Vegetables – good for health!

Chocolate is produced from
a plant called bean cocoa

Beans – they are vegetables



Therefore, chocolate
is a vegetable



Harmful effects of chocolate

What are the health risks of chocolate?

It can worsen the symptoms of some conditions due to the sugar, fat and caffeine content. Some of these conditions may include:

Migraines

Acne

Obesity

Dental problems



Interesting facts

Pastry chefs in New York created the highest Tower in the world of chocolate.



In Italy, set a world record for the longest bar of chocolate.

And the heaviest tile weighing made in Armenia.



Chocolate car

In honor of the Spring Festival in Shanghai made a chocolate full-size car. Chocolate car was decorated with colored icing and cream.



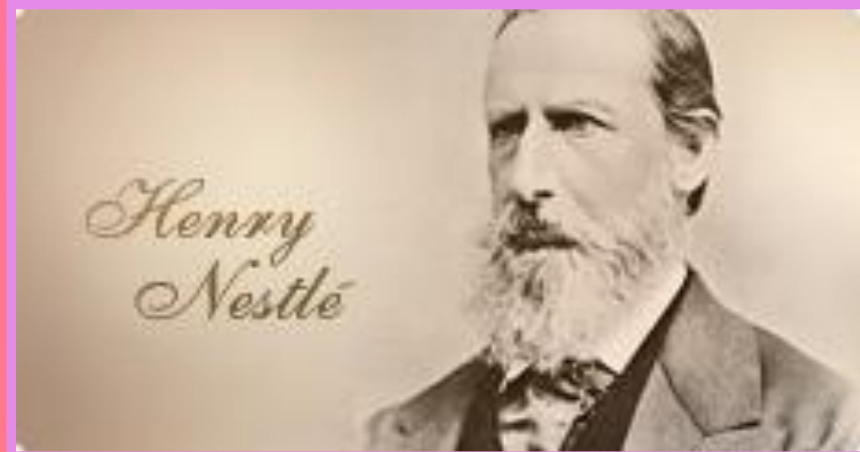
The largest chocolate egg

In the Belgian town of Saint-Nicolas produced the world's largest chocolate Easter egg, which was named in the Guinness Book of records. To create a giant chocolate products took about 50 thousand tiles chocolate.



"Chocolate" countries in the world are -Belgium, Switzerland, Italy, France and the United States.

White chocolate was invented by the great Henri Nestle of Switzerland. Every year more than 600 eats humanity thousands tons of chocolate.



What do chocolate?



chocolate cake



Chocolate candies



Chocolate figures



Chocolate clothing



Shoes made of chocolate



The chocolate room



Chocolate furniture



Chocolate kitchen



Chocolate chandelier

International chocolate day is celebrated on July 11.

Chocolate is eaten anywhere and anytime.

*Chocolate Eggs are eaten at Easter and
Chocolate Hearts are given at Valentine's
day.*

On Christmas we always eat chocolate!



*My favorite film about chocolate is
"Charlie and the Chocolate Factory"*



**Mini pastry shop came to us.
My friends and I participated in
master-class "chocolate holiday»**

We made candies by ourselves.



Candy with his hands is a real chocolate holiday!

The first monument to chocolate in Russia was opened in Pokrov in Vladimir region in 2009. There is a museum in this town. I am going to visit it on my holidays.

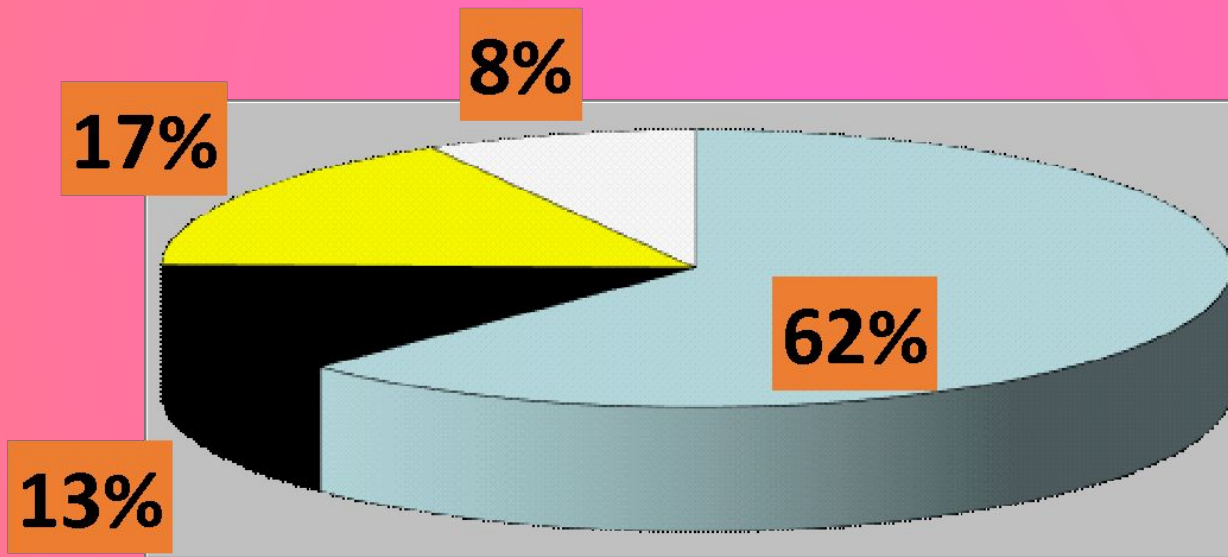


Survey



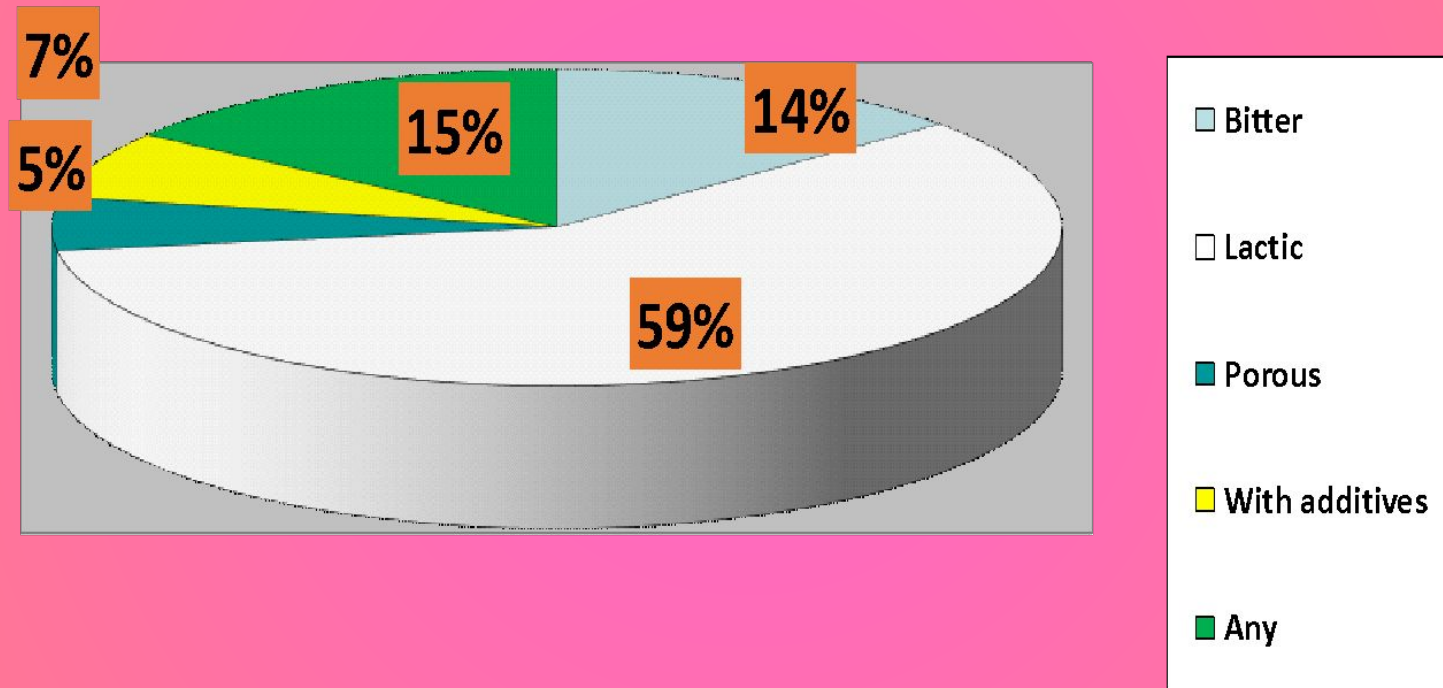
I decided to find out how to refer to chocolate.
I interviewed 65 pupils from 2-4 classes of our school.

What kind of sweets do you like?

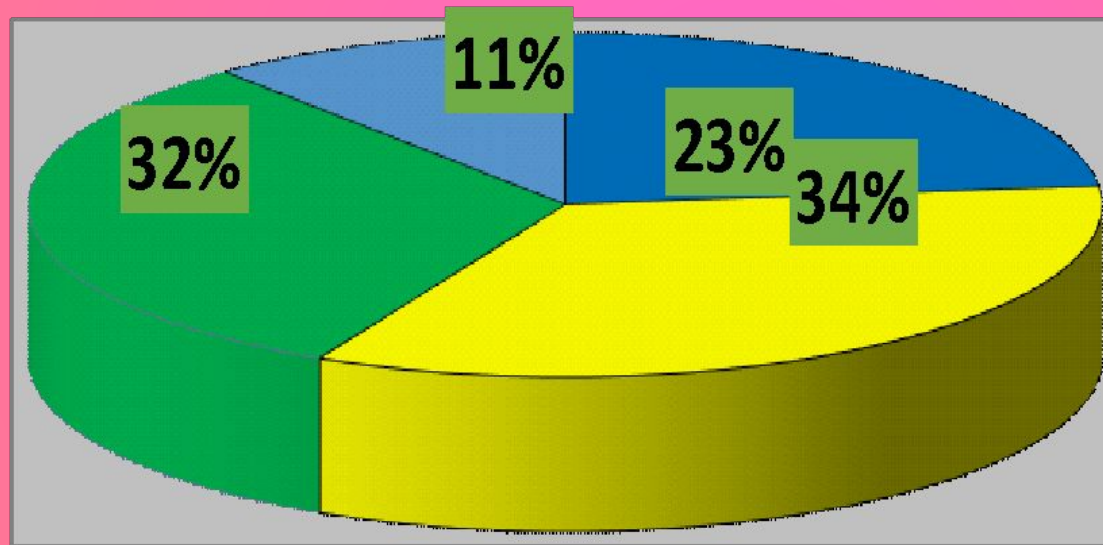


■ Chocolate ■ Zephyr ■ Caramel ■ other

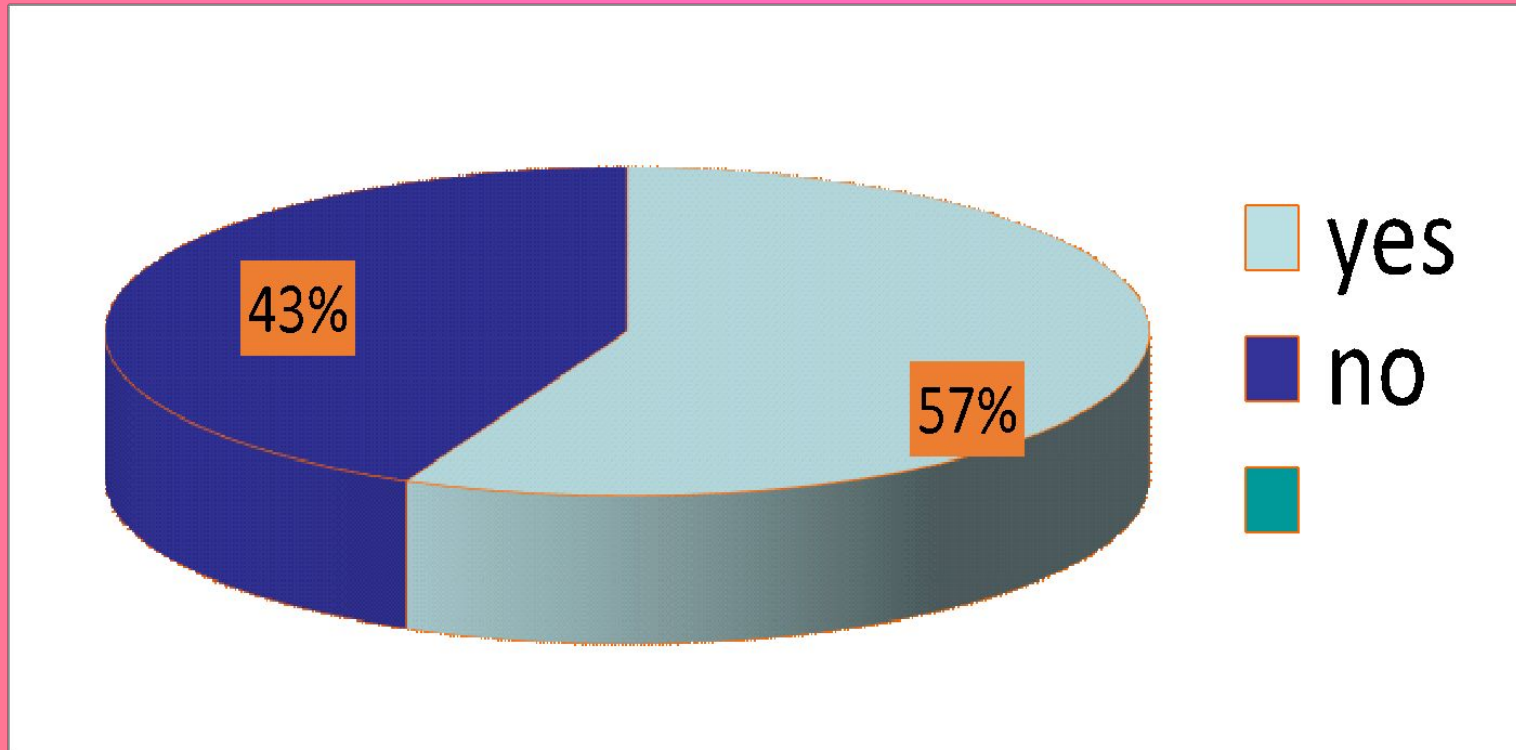
What kind of chocolate do you like?



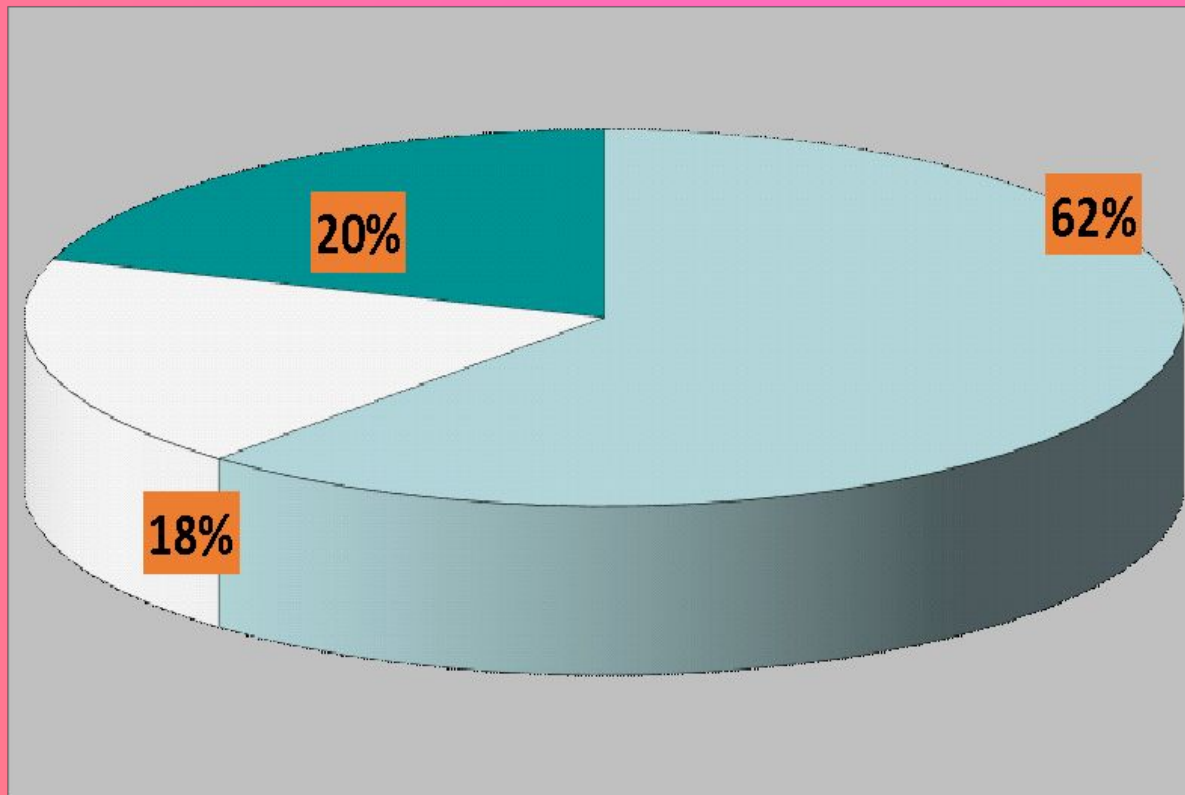
What color of chocolate do you like?



Is chocolate good for our health?



Does chocolate spoil your teeth?

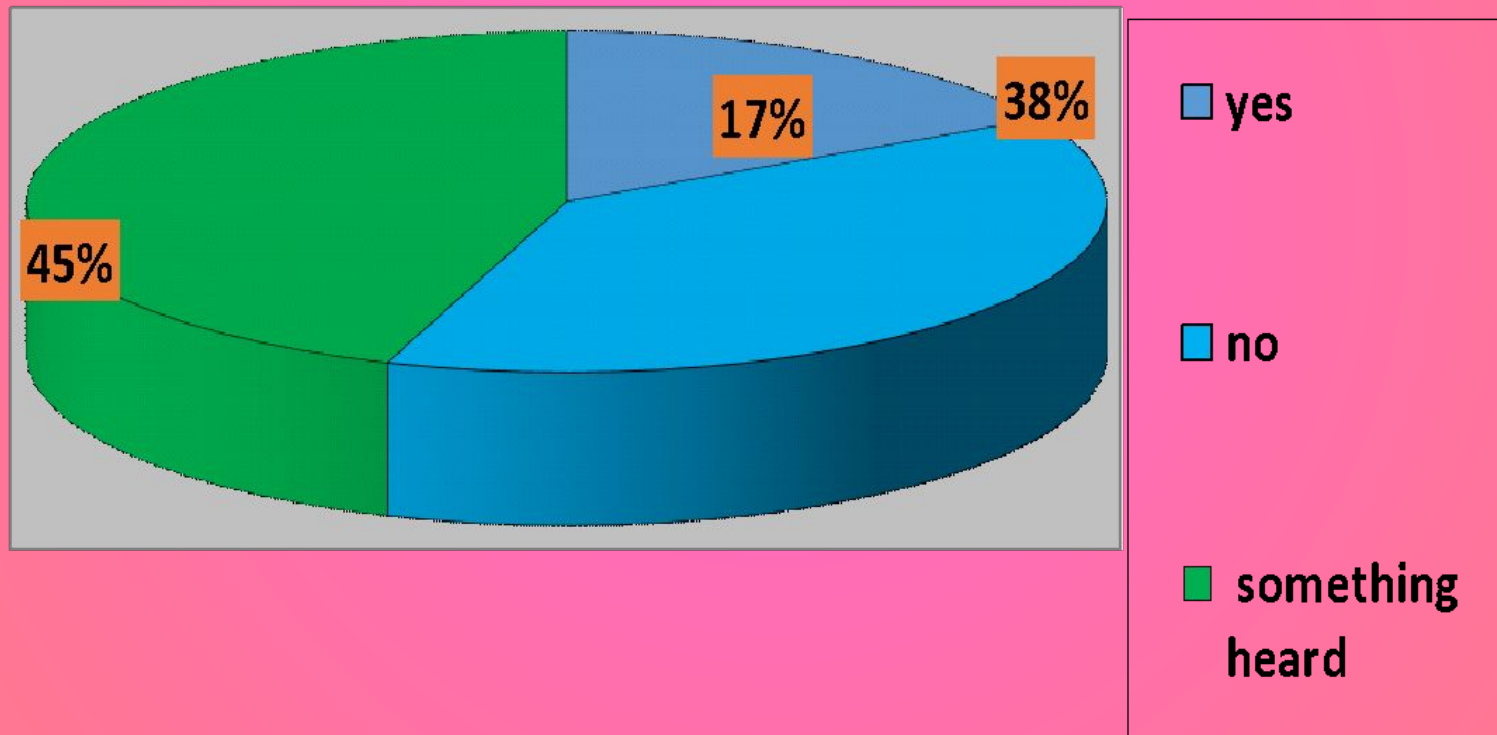


■ yes

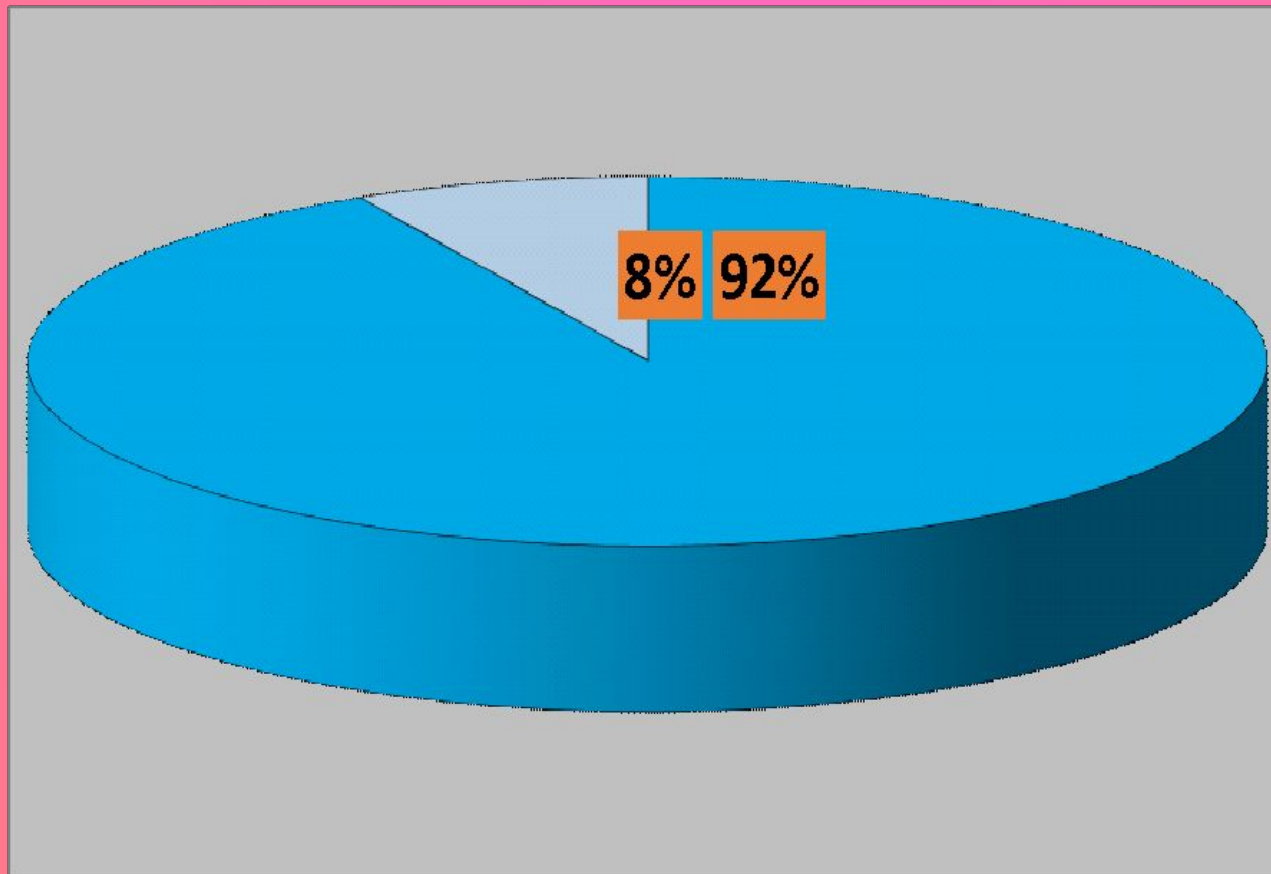
■ no

■ I do not
know

Do you know the history of origin and manufacture of chocolate?



Do you want to know the origin,
benefit and harm of eating
chocolate in details?



■ yes

■ no

Conclusion

From the research I made the conclusion. Chocolate actually has a positive effect on the human body. Just want to add that in the entire measure is needed!

It turns out chocolate can be made at home!

You need:

- Sugar – 1 tea spoon
- Milk – 2 table spoon
- Cocoa – 4 table spoon
- Butter – 50 grams



Bon Appetite!
Please try my chocolate!
Have a chocolate and smile!



Conclusion

Chocolate turns out delicious.

It is not harmful.

It is helpful – that is the most important!



*Life is sweeter with
chocolate!!!*



I love chocolate!

Thank you for your attention!

