

Chocolate



made by Victoria Svischova

Introduction

Chocolate is sweet...

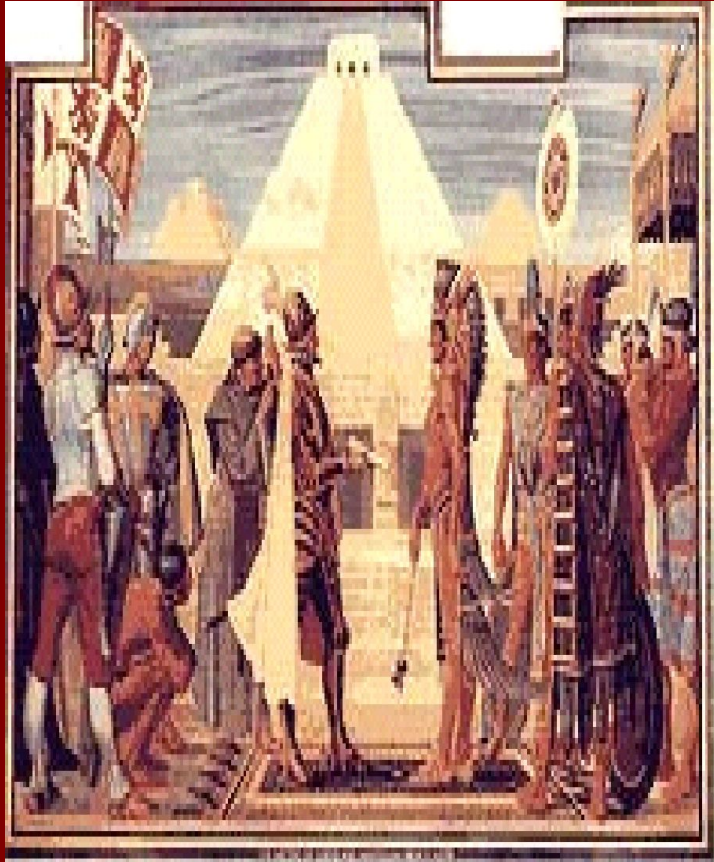
Chocolate is delicious...

People all over the world are fond of it.

But what do we really know about chocolate?



History of chocolate.



Long before the discovery of America by Europeans Aztecs knew how to prepare chocolate. It was a bitter drink, which was cooked from roasted cocoa beans with spices. It could afford only the rich, because This drink was sacred. The Spaniards tried chocolate in the New World in the late fifteenth century. "The drink of the gods" had little in common with the well-known to us modern hot chocolate, so the conquistadors found it tasty!

The description of the cacao tree.



The Cacao Tree is a shade tolerant, moisture loving, understory rainforest tree. It naturally favors riparian zones so often in the wild is found along rivers. The trees live for up to 100 years, but cultivated trees are considered economically productive for only about 60 years.

The benefits of chocolate.



- *Chocolate charges with vigor and improves mood.*
- *Contained in chocolate magnesium counteracts depression, improves memory, increases resistance to stress and strengthens the immune system.*
- *Chocolate saves from a heart attack and stroke.*
- *Chocolate protects vessels from atherosclerosis.*
- *Chocolate strengthens blood vessels.*
- *Chocolate eliminates excess weight.*
- *Chocolate is good for your teeth and gums.*
- *Chocolate does not cause acne.*
- *Chocolate is much less likely to cause allergies than people think.*

Microelements

| Trace element | Properties | Dark chocolate | Milk chocolate | daily rate |
|----------------------|--|-----------------------|-----------------------|-------------------|
| Calcium | <i>Calcium is responsible for the rigidity of bones.</i> | 47,3 mg | 270,5 mg | 800mg |
| Iron | <i>Participation in the formation of hemoglobin.</i> | 10,9 mg | 1,0 mg | 14 mg |
| Potassium | <i>Contributes significantly to the process of homeostasis.</i> | 795.16 mg | 492.4 mg | 4700mg |
| Zinc | <i>Zinc is needed for the formation of some hormones.</i> | 3,25 mg | 1,35 mg | 15 mg |
| Phosphorus | <i>The component of DNA, bone, cell membrane and the cell nucleus.</i> | 292mg | 283,5 mg | 800mg |

Vitamins

| Vitamin | Properties | Dark chocolate | Milk chocolate | daily rate |
|--------------------|---|-----------------------|-----------------------|-------------------|
| Vitamin D | <i>Necessary for calcium metabolism, reproductive function and immune system.</i> | 0,05 mg | 0,06 mg | 5 mkg |
| Vitamin E | <i>Playing an important role of the antioxidant, protecting the phospolipids.</i> | 1mg | 1,1mg | 10mg |
| Biotin | <i>Plays an important role in the metabolism of lipids, glyutsidov and certain amino acids.</i> | 20 mkg | 0 | 150mkg |
| Vitamin B12 | <i>Participates in the formation of essential amino acids.</i> | 0 | 0,8mg | 1mkg |

Chocolate uplifting.



Half an hour of rest in an aromatic “chocolate spacesuit” shoot the general irritability, nourish the skin with minerals and oils that soften the organic acids, decorate the shade of tan. Chocolate wrap is a drug for skin.

Harmful effects of chocolate.



- *Along with coffee, tobacco and drugs, chocolate, according to World Health Organization, included in the list of substances that cause a life-threatening addiction.*
- *Pure cocoa has positive effects on blood pressure and cholesterol and also prevents heart disease. However, processed chocolate is what the majority of people are eating, and it contains added sugar, milk fats, saturated fats and corn syrup. These ingredients actually promote heart disease, weight gain, high blood pressure and high cholesterol.*

Types of chocolate.

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

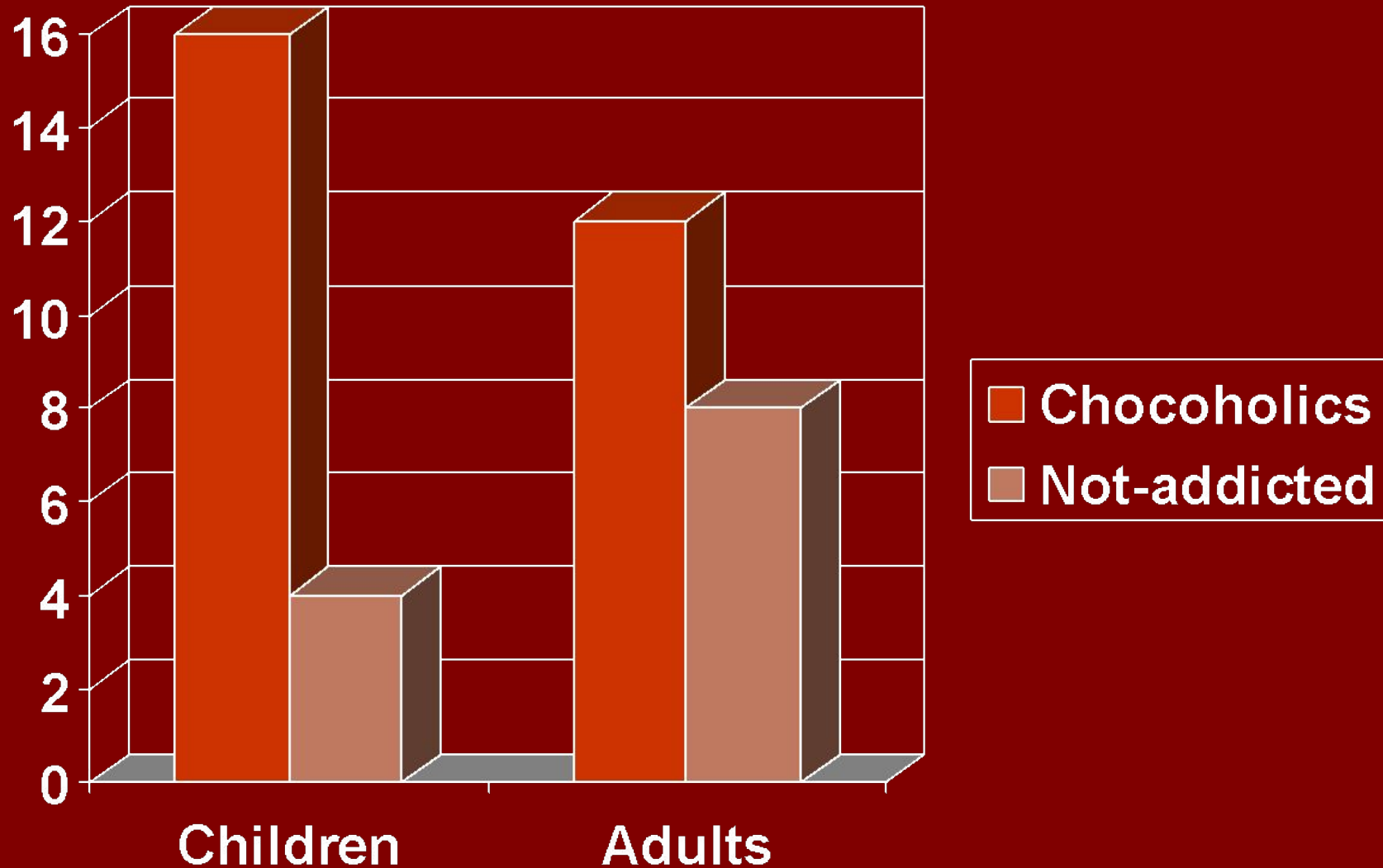


Interesting facts



- *Theobromide is a poison to dogs, even rather small amounts of real Chocolate can kill a dog.*
- *Chocolate charges with vigor and improves mood, Say U.S. doctors. Unbelievable but true: in their effect on the body chocolate recalls ... marijuana.*
- *If a woman during pregnancy, eating a lot of chocolate, her child is almost 100 per cent of cases are born perfectly healthy. In addition, children are those who like chocolate have different nerves and easily cope with stressful situations.*

My research



Conclusion



Luckily for all chocolate-lovers the researches prove its usefulness for both our health and mood.

So you may eat it without fear...but with great pleasure. 😊 😊 😊

*Life is sweeter with
chocolate...*)*



I love chocolate!