Викторина Yummy, Yummy, Chocolate

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We all love chocolate, most of us probably eat it every day, or at least several times a week. It is one of the most beloved food products in the world and many would say that they cannot live without it. Most of us probably feel we know chocolate pretty well by now, as it is a regular part of our lives. However, there are many fascinating facts about the world of chocolate that most do not know. Below are some interesting facts about chocolate, some of these facts are bizarre, some are saddening and others are just downright silly.

1. Chocolate is part of a healthy, balanced …………..(diet, dish, meal) and it makes you feel great!
2. A substance in chocolate called theobromine triggers the release of endorphins, which are chemicals, produced by the …………….. (heart, brain, blood) , that act like a natural antidepressant and can temporarily relieve the blues.
3. Do you eat dark chocolate every day? If so, you’re effectively reducing the risk of ……………. (liver, brain, heart) disease by one third.
4. Eating chocolate can help prevent tooth ………………… (decay, delete, desease) and works as an anti-bacterial agent.
5. Dark chocolate contains lots of antioxidants that help the cardiovascular system by reducing blood……………. (flowing, pressure, illness).
6. Research has confirmed that chocolate is a good source of the kind of antioxidants found in tea. But actually, the antioxidant content of chocolate is four times that of …………. (coffee, milk, tea).
7. Chocolate can cause headaches and is not recommended in large doses for people who suffer from migraines or chronic …………………. (toothaches, stomachaches, headaches).
8. Milk chocolate is a fairly…………. (recent, ancient, old) invention.
9. The Aztecs and Maya’s used chocolate as ……………….( medicine, currency, poison).
10. The Aztec rulers drank …………….. (tens of cups, one cup, three cups) of hot chocolate a day.
11. About 40 percent of ……………(peanuts, hazelnuts, almonds) produced in the world are made for chocolate products.
12. Because chocolate contains high doses of caffeine and …………(salt, fiber, sugar), chocolate products are largely to blame for ADHD (Attention Deficit Hyperactivity Disorder) in children.
13. Among the Mayans and Aztecs, chocolate was originally a ……………….. ( cold, frizzy, warm) drink made from crushed beans.
14. The word chocolate was first recorded in English in 1604, though England’s first cup of chocolate was not brewed until …………….. ( 1647, 1747, 1847) .
15. There’s a chemical that induces feelings associated with love (which we'll get to later), as well as tryptophan, which makes us very ……………..(sad, ill, happy).
16. ………………..(Russians, Americans, French) Consume Almost Half the World’s Chocolate.
17. Chocolate Is Literally Chemical ……………..(Sadness, Poison, Love)
18. Chocolate Inspired the Invention of the ……………….(Notebook, iPod, Microwave).
19. Portuguese ………………….(doctor, poet, sportsman) Fernando Pessoa once wrote, “There is no metaphysics on earth like chocolate.”
20. Chocolate has traditionally been associated with magical, medicinal, and mythical properties. In fact, in Latin, cacao trees are called Theobroma Cacao, or “food of the …………….( magicians, vampires, gods)”.
21. Cacao trees can live to be 200 years old, but they produce marketable cocoa beans for only …………………… (25, 50, 100) years.
22. The first people to harvest chocolate were the Mokaya and other pre-Olmec peoples who lived in southeast …………………([Mexico](http://facts.randomhistory.com/2008/11/25_mexico.html), Brazil, Egypt)  around 1000 B.C.
23. The word “chocolate” is derived from the Mayan word *xocolatl*, or “bitter………………..( water, petrol, oil) .”
24. Chocolate became one of the earliest American exports when, in the early sixteenth century, both Columbus and Cortez brought cacao beans back to ………………….(Italy, China, Spain).
25. The largest cuckoo clock made of chocolate can be found in …………….(England, Germany, France).
26. Research suggests that dark chocolate boosts memory, attention span, reaction time, and problem-solving skills by increasing blood flow to the ……………….. (heart, brain, eyes).
27. In Oaxaca, Mexico, healers use chocolate to treat several illnesses such as bronchitis. In some regions, children drink chocolate in the morning to ward off scorpion and …………..(fly, mosquito, bee) stings.
28. M&Ms were created in 1941 as a means for ……………….(children, soldiers, pilots) to enjoy chocolate without its melting.
29. Benjamin Franklin sold chocolate in his…………………(book, zoo, print) shop in Philadelphia.
30. Chocolate magnate, Milton Hershey, canceled his reservations for the Titanic due to last minute ………………( love, business, family) matters.
31. There are ……………….. (Carrot, Cheese, Potato) Chips Dipped in Milk Chocolate.
32. “The greatest …………………..( comedies, tragedies, pamphlets) were written by the Greeks and Shakespeare...neither knew chocolate.” Sandra Boynton
33. “If there's no chocolate ………………….(in Heaven, at School, in Paradise) I'm not going.” Jane Seabrook

Answers:

1. diet
2. brain
3. heart
4. decay
5. pressure
6. tea
7. headaches
8. recent
9. currency
10. tens of cups
11. almonds
12. sugar
13. cold
14. 1647
15. happy
16. Americans
17. Love
18. Microwave
19. poet
20. Gods
21. 25
22. Mexico
23. water
24. Spain
25. Germany
26. brain
27. bee
28. soldiers
29. print
30. business
31. potato
32. tragedies
33. in Heaven

Sources

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