

# *Chocolate*



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# ***Introduction***

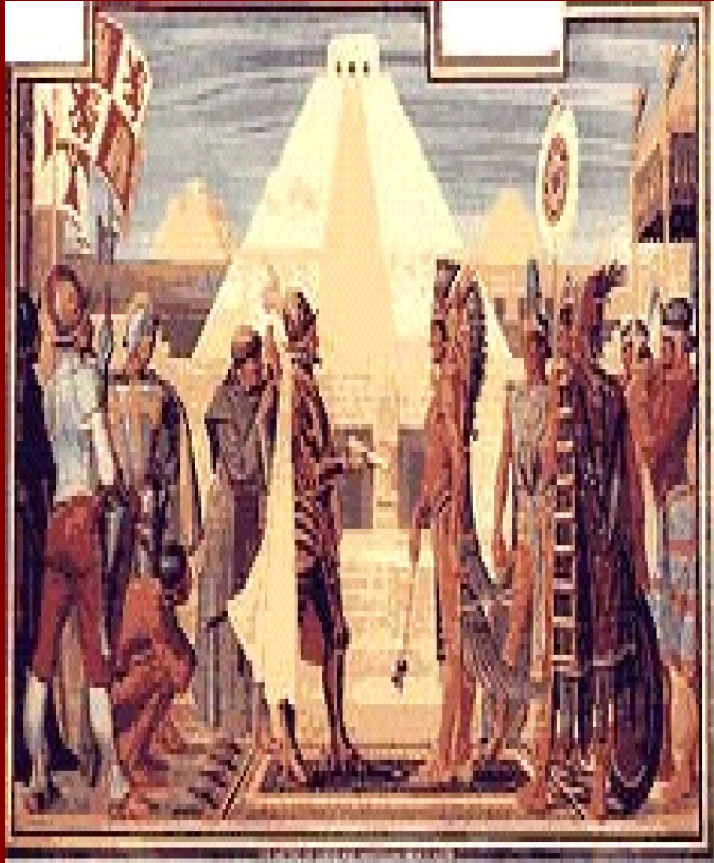
***Chocolate is delicious...***

***But what do we really know  
about chocolate?***

THE WORD CHOCOLATE COMES FROM THE AZTEC WORD CHOCOLĀTL. THIS WORD COMES FROM THE MAYAN WORD XOCOLĀTL MEANING "BITTER WATER". CHOCOLATE WAS DRUNK BITTER BY THE AZTECS.



# How did the Aztec and Mayas use chocolate?



The Aztec way of making chocolate was very similar to that of the Mayas. Priests presented cocoa beans as offerings to the gods and served cocoa drinks during sacred ceremonies like weddings. Cocoa was used as a gift to the deities, presented at royal burials to ensure comfort in the afterlife. Chocolate was also used as a medicine. All of the areas that were conquered by the Aztecs that grew cocoa beans were ordered to pay them as a tax, or as the Aztecs called it, a "tribute"



# *Types of chocolate.*

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



# *The benefits of chocolate.*



- *Chocolate improves mood.*
- *Contained in chocolate magnesium 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

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

# Vitamins

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

# ***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.*

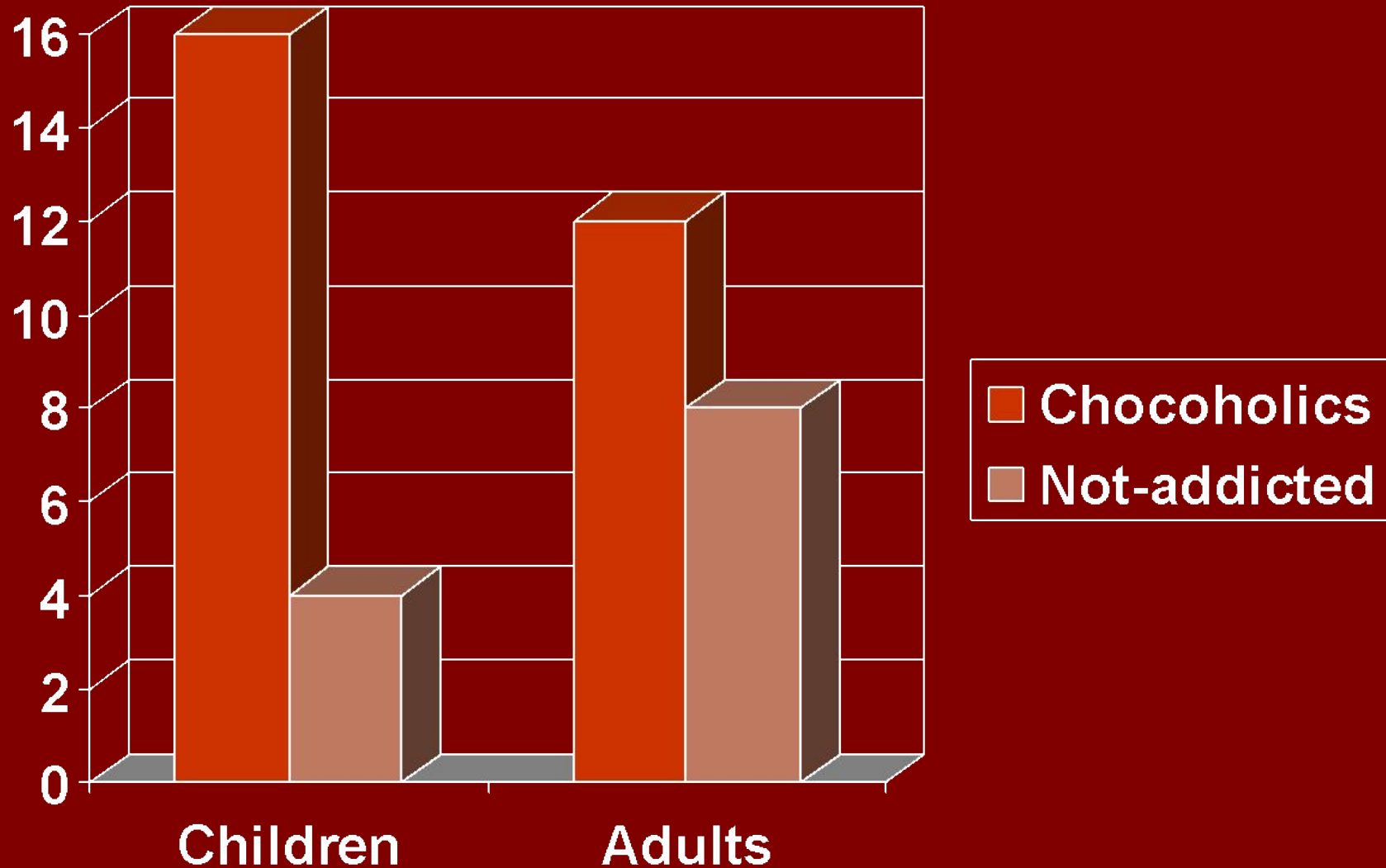


# *Chocolate uplifting.*



*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.*

# ***My research***



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



I love chocolate!