

词汇: *chocolate* 巧克力

When you think of foods that are good for you, chocolate may not be high up on your list. But, there has been a lot of research into **dark chocolate**, which shows that it does, in fact, have health benefits.

Chocolate is made by **roasting cacao seeds**, which come from the cacao tree. After being processed into **cocoa solids**, **cocoa butter** and combined with sugar and sometimes dairy, chocolate is the result. To know how dark the chocolate is, and to determine the potential health benefits, we need to look at the level of cocoa solids it contains.

If dark chocolate has a high **cocoa content**, labelled as a percentage, it may be **dense** in minerals such as **magnesium** and **iron**. According to a 2011 study comparing cacao seeds to ‘super fruits’ such as **cranberries** and **pomegranates**, dark chocolate may have high levels of **antioxidants**. Other research includes a 2018 study which found that dark chocolate could significantly reduce **inflammation** in people with **type 2 diabetes**.

But companies trying to **market** dark chocolate as a healthy snack may have a difficult time – the higher the cocoa content, the more **bitter** the taste. Plus, **commercial** dark chocolate tends to be high in **calories**, **saturated fat** and can contain significant amounts of sugar. On top of that, during the actual **manufacturing process** of cleaning, **fermenting** and roasting the cacao beans, the natural benefits may be lost.

All in all, it seems that consuming a **moderate** amount of dark chocolate can't do you harm – just look for a high cocoa solid percentage!

## 词汇表

<b>dark chocolate</b>	黑巧克力
<b>roast</b>	烤, 烘
<b>cacao seeds</b>	可可种子
<b>cocoa solids</b>	可可块
<b>cocoa butter</b>	可可油, 可可脂
<b>cocoa content</b>	可可含量
<b>dense</b>	密度大的
<b>magnesium</b>	镁
<b>iron</b>	铁
<b>cranberry</b>	蔓越莓
<b>pomegranate</b>	石榴
<b>antioxidants</b>	抗氧化剂
<b>inflammation</b>	炎症
<b>type 2 diabetes</b>	二型糖尿病
<b>market</b>	推销
<b>bitter</b>	有苦味的
<b>commercial</b>	市面上的
<b>calorie</b>	卡路里
<b>saturated fat</b>	饱和脂肪
<b>manufacturing process</b>	生产过程
<b>ferment</b>	发酵
<b>moderate</b>	适量的

## 测验与练习

### 1. 阅读课文并回答问题。

1. What minerals may chocolate with a high cocoa content have?
2. What did a 2011 study compare cacao seeds with?
3. True or False? *Dark chocolate can stop people getting type 2 diabetes.*
4. Why is it difficult to market dark chocolate?
5. Why can commercial dark chocolate be unhealthy?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. The doctor said I have low levels of \_\_\_\_\_ in my blood.

cocoa solids	iron	calories	cocoa butter
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2. My mum \_\_\_\_\_ chicken and vegetables at home every Sunday.

ferments	markets	roasts	contains
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3. Fried food has high levels of \_\_\_\_\_ and is not good for you.

inflammation	antioxidants	saturated fat	cocoa content
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4. I find the taste of black coffee very \_\_\_\_\_, so I add a lot of milk.

dense	commercial	bitter	moderate
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5. If I feel sad, I usually eat unhealthy snacks like crisps and \_\_\_\_\_.

magnesium	pomegranate	cranberries	chocolate
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## 答案

### 1. 阅读课文并回答问题。

1. What minerals may chocolate with a high cocoa content have?

**It may be dense in minerals such as magnesium and iron.**

2. What did a 2011 study compare cacao seeds to?

**'Super fruits' such as cranberries and pomegranates.**

3. True or False? *Dark chocolate can stop people getting type 2 diabetes.*

**False. A study found that eating a small amount of 84% dark chocolate could reduce inflammation in people with type 2 diabetes.**

4. Why is it difficult to market dark chocolate?

**Because the higher the cocoa content, the more bitter the taste.**

5. Why can commercial dark chocolate be unhealthy?

**It tends to be high in calories, saturated fat and can contain significant amounts of sugar.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. The doctor said I have low levels of **iron** in my blood.

2. My mum **roasts** chicken and vegetables at home every Sunday.

3. Fried food has high levels of **saturated fat** and is not good for you.

4. I find the taste of black coffee very **bitter**, so I add a lot of milk.

5. If I feel sad, I usually eat unhealthy snacks like crisps and **chocolate**.