

Chocolate: Is it good for you or not?



Everyone wants to know the truth about chocolate. Is it good for you or not? Dark chocolate *does* have health benefits. But guess what? Most people don't eat dark chocolate! The majority of chocolate products are full of sugar and fat.

Read these **Six Chocolate Myths** and learn the truth *once and for all*. Sorry, chocoholics. Some myths will never die.

Warm-Up Activity

How many different types of chocolate products can your class name in two minutes?
Chocolate-covered raisins... hot chocolate... chocolate chip cookies...

2. READING:

Six Myths about Chocolate

1. Chocolate is a health food

This depends on the chocolate. Dark chocolate contains
 *antioxidants. These may provide health benefits when eaten in moderation. Milk chocolate is high in sugar and low in antioxidants. White chocolate has no antioxidants. Choose wisely!

*substances that protect human cells

2. Chocolate keeps you thin

Sorry, chocolate lovers. Too much chocolate can cause **obesity**. Most chocolate is high in sugar and fat. Chocolate bars are high in calories. Grab chocolate for an occasional treat, not a regular snack.

3. Chocolate causes pimples

Food is not directly linked to **acne**. Pimples occur when there is oil on the skin. This is often due to **hormone** changes. Skin blemishes can also be **genetic**.

4. Chocolate is high in caffeine

A piece of chocolate contains a small amount of **caffeine**. There is a similar amount in a cup of decaf coffee. This is not why chocolate is dangerous for dogs. Chocolate contains a chemical called theobromine. Like caffeine, theobromine is **toxic** to many dogs.

5. Chocolate is addictive

Chocolate is not physically **addictive**. This is hard for chocoholics to believe. Many people **crave** chocolate. Doctors say this craving is emotional, not physical.

6. Chocolate prevents disease

Candy companies want you to believe this. The same is sometimes said of red wine. Unfortunately, the sugar and fat in most chocolate **cancel out** the nutrients. If chocolate makes you happy, that's a different story.

1. PRE-READING QUESTIONS ☀

1. What does “once and for all” mean?
2. Do you think chocolate is good for you?
3. What is a “chocoholic”?
4. Is chocolate good for dogs?



3. COMPREHENSION ✍

A. True or False – Read the statements below. If the statement is true, write T beside the sentence. If it is false, write F and correct the information.

1. White chocolate has antioxidants. _____
2. *Obese* is the opposite of *thin*. _____
3. People with lots of pimples have acne. _____
4. Chocolate and decaf coffee contain a small amount of caffeine. _____
5. Doctors warn that chocolate is highly addictive. _____

COMPREHENSION Cont...

B. Chocoholics Unite!



Which of the myths above will please chocoholics? Which myths will chocoholics want to “challenge”? Draw a happy or sad face beside the myths. Do you disagree with any of the information presented in the article?

MYTH 1 _____

MYTH 2 _____

MYTH 3 _____

MYTH 4 _____

MYTH 5 _____

MYTH 6 _____

4. VOCABULARY REVIEW

A. Summarize (Pairs)

Reread your part from page 2. Look up any words in bold that you do not know. Then put page 2 away and try to use the words from your section below. Retell the myths from your section. Don't look at the list as you speak. Cross off each word as you or your partner uses it.

Partner A (Myths 1-3)

obesity
in moderation
acne
hormone
genetic

Partner B (Myths 4-6)

caffeine
toxic
addictive
crave
cancel out

DISCUSS

1. When do you crave chocolate?
2. Will you eat less chocolate after reading these myths?
3. Which of these myths would you like to “challenge,” and why?
4. Which health foods do you eat? What health benefits do they provide?
5. Do you consider yourself a chocoholic? Why or why not?
6. Is happiness more important than health?

My Notes

VOCABULARY REVIEW Cont...

B. Choose the word(s) with the closest meaning to the underlined words in the following sentences.

- Eating too much of one fatty food will lead to obesity.
a) heaviness b) addiction c) cravings
- The lack of vitamins cancels out the health benefits.
a) eliminates b) increases c) moderates
- People often suffer from acne in their teenage years.
a) pimples b) anxiety c) addictions
- My doctor says I can eat anything as long as I do it in moderation.
a) for pleasure b) at a convenient time c) in small amounts
- Is hair loss genetic? I've heard that it comes from the mother's side.
a) hormonal b) dangerous c) inherited



ROLE PLAY Doctor's Orders



"Everything in moderation."

Get together with a partner. Act out a scene between a doctor and a chocoholic. The chocolate lover will ask the doctor if chocolate is healthy or not. Try to use vocabulary from the reading.

WRITING

My Chocolate List

Create your own "list of 6" using "chocolate" as your subject.

For example:

- 6 ways to cook with a chocolate bar
- 6 chocolate bars you should try (with reasons)
- 6 reasons to keep a chocolate bar in your car

Share your chocolate lists with ESL-Library! We'll post the best ones on our blog. info@esl-library.com

Brainstorm

Use this box to brainstorm your topic. Then write your chocolate list on the back of your paper. You could also type your list in a blog post or submit it to a school newspaper.

ANSWER KEY

[Description: Students read 6 Myths About Chocolate. Is it good for you or not? Includes comprehension questions, vocabulary review, and a role play activity.]

COMPREHENSION QUESTIONS

A. True or False

1. False. White chocolate has no antioxidants.
2. True.
3. True.
4. True.
5. False. There is no indication that chocolate is physically addictive.


B. Chocoholics Unite

MYTH 1 

MYTH 2 

MYTH 3 

MYTH 4 

MYTH 5  (Some might argue this is bad news. That's okay, too!)

MYTH 6 

VOCABULARY REVIEW

A. Summarize - Answers will vary.

B. Meanings

1. a 2. a 3. a 4. c 5. c