



# 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...





## Chocolate Health Matters

#### 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. <i>Obese</i> is the opposite of <i>thin</i> .	
3. People with lots of pimples have acne.	
Chocolate and decaf coffee contain a small a of caffeine.	mount
5. Doctors warn that chocolate is highly addicti	ve.





## Chocolate Health Matters

### **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	DISCUSS
MYTH 3	1. When do you crave chocolate?
MYTH 4	2. Will you eat less chocolate after reading these myths?
MYTH 5	3. Which of these myths would you like
MYTH 6	<ul><li>to "challenge," and why?</li><li>4. Which health foods do you eat? What</li></ul>
4. VOCABULARY REVIEW	health benefits do they provide?
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	<ul><li>5. Do you consider yourself a chocoholic? Why or why not?</li><li>6. Is happiness more important than health?</li></ul>
each word as you or your partner uses it.	My Notes 🗷
Partner A (Myths 1-3)	
obesity in moderation acne hormone genetic	



caffeine toxic addictive crave cancel out

Partner B (Myths 4-6)



## Chocolate Health Matters



### **VOCABULARY REVIEW Cont...**

- B. Choose the word(s) with the closest meaning to the underlined words in the following sentences.
- 1. Eating too much of one fatty food will lead to **obesity**.
  - a) heaviness
- b) addiction
- c) cravings
- 2. The lack of vitamins **cancels out** the health benefits.
  - a) eliminates
- b) increases
- c) moderates
- 3. People often suffer from acne in their teenage years.
  - a) pimples
- b) anxiety
- c) addictions
- 4. 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
- 5. Is hair loss **genetic**? I've heard that it comes from the mother's side.
  - a) hormonal
- b) dangerous
- c) inherited

#### 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

## 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.

### **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**

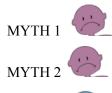
[Description: Students read 6 Myths About Chocolate. Is it good for you or not? Includes comprehension questions, vocabulary review, and a role play activity.]

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



### **VOCABULARY REVIEW**

### A. Summarize - Answers will vary.

### **B.** Meanings

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