THE HISTORY OF CHOCOLATE

A representation of Mixtec kings drinking chocolate

Delicious, delectable, soothing and, yes, American. Chocolate was a New World discovery, one of the most sought-after treasures brought back to Europe from the brave new land across the Atlantic.

Cacao, from which chocolate is created, is said to have originated in the Amazon at least 4,000 years ago. The cacao tree was worshipped by the Mayan civilization, who believed it to be of divine origin. Cacao is actually a Mayan word meaning “God Food”, hence the tree’s modern generic Latin name ‘Theobroma Cacao’, meaning ‘Food of the Gods’. The word Cacao was corrupted into the more familiar ‘Cocoa’ by the early European explorers. The ancient Maya brewed a spicy, bitter sweet drink by roasting and grinding the seeds of cocoa beans with maize and chili and letting the
mixture ferment. This drink was reserved for use in ceremonies as well as for drinking by the wealthy and religious elite.

The Aztecs of central Mexico attributed the creation of the cacao beans to their god Quetzalcoatl who, as the legend goes, descended from heaven on a beam of a morning star carrying a cacao tree stolen from paradise. In fact, the Aztecs valued the beans so much that they used them as currency: a hundred beans bought a turkey or a slave, and taxes were paid in cocoa beans to Aztec emperors. They prized ‘Xocolatl’ well above gold and silver so much so that, when Montezuma was defeated by Cortez in 1519 and the victorious ‘conquistadors’ searched his palace for the Aztec treasury expecting to find gold and silver, all they found were huge quantities of cocoa beans.

The Aztecs, like the Mayans, also enjoyed cacao as a beverage fermented from the raw beans, which again featured prominently in rituals and as a luxury available only to the very wealthy. They regarded chocolate as an aphrodisiac and their Emperor, Montezuma reputedly drank it fifty times a day from a golden goblet and is quoted as saying of ‘Xocolatl’: “The divine drink, which builds up resistance and fights fatigue. A cup of this precious drink permits a man to walk for a whole day without food”.

Xocolatl or Chocolat or Chocolate, as it became known, was brought to Europe by Cortez. By this time, the conquistadors had learned to make the drink more palatable to European tastes by mixing the ground roasted beans with sugar and vanilla (a practice still continued today), thus balancing the spicy bitterness of the brew the Aztecs drank.


Questão 01 (Valor: 15 pontos)

According to the text, follow the instructions:

• Describe the etymological development of the word “Cocoa”.

• Explain the Aztec legend about the origin of the cacao tree.

• Mention the main use of the cacao beverage by the Mayans and Aztecs and the people who could afford to drink it.
Questão 02 (Valor: 20 pontos)

Based on the text, follow the instructions:

• Mention another way that the cacao beans were used by the Aztecs.

• Summarize how much the Aztecs prized “Xocolatl”.

• Translate what Montezuma said about “Xocolatl”.

• Explain the arrival of chocolate in Europe and the way the beverage was modified.

Questão 03 (Valor: 20 pontos)

Rewrite the following sentences according to the instructions below. Make all the necessary changes.

• “The cacao tree was worshipped by the Mayan civilization, who believed it to be of divine origin.” (l. 5-6)
  Change this sentence into the negative form.

• “Montezuma […] drank it fifty times a day” (l. 24)
  Ask a question so that the words in bold are the answer.
• “‘A cup of this precious drink permits a man to walk for a whole day without food’” (l. 25-26)
  Use “can” instead of “permits”.

• “Chocolate […] was brought to Europe by Cortez.” (l. 27-28)
  Change this sentence into the active voice.

Questão 04 (Valor: 20 pontos)

Write the words or expressions that correctly complete the following sentences:

• The infinitive forms of “brought” (l. 2) and “stolen” (l. 15) are, respectively,

• The opposite of “at least” (l. 5) is .................................................................

• The phrase “more palatable” (l. 28) is in the ............... degree of ......................

• The adverb “thus” (l. 30) expresses .................................................................

QUESTÕES 05 e 06

JUNK FOOD

Junk is rubbish, so junk food is food without nutritious value, for example hamburgers and chips. Junk comes from the Middle English word jonk, which was a nautical term meaning old rope. The rope wasn’t thrown away, but was used on the ship in other ways. Later there were junk shops which sold old materials from ships. Today junk shops sell second-hand articles, such as furniture, ornaments and clothes.

Another term for junk food is fast food. This comes from fast food restaurants that serve inexpensive meals quickly in paper bags or boxes.
Now there is the slow food movement. It was founded in the 1980s by Carlo Petrini, an Italian journalist who discovered a new McDonald’s restaurant in Rome’s famous Piazza di Spagna. He was horrified and founded the slow food movement, which had two basic beliefs: the importance of traditional cooking methods and the use of local ingredients. The slow food movement now has over 80,000 members in over 100 countries.


**Questão 05** (Valor: 15 pontos)

According to the text, answer the following questions:

- What’s the meaning and origin of the word “junk” in the expression “junk food”? (l. 1)
- Where does the expression “fast food” (l. 6) come from?
- What are the two basic beliefs of “the slow food movement” (l. 8)?

**Questão 06** (Valor: 10 pontos)

Give the grammatical function of the following words from the text:

- “so” (l. 1)
- “that” (l. 7)
- ’s, in “Rome’s” (l. 9)
- “food” (l. 12)