

INSIDE THIS ISSUE

‘CHOCOLATE’ by Ian West

チョコレート



HOME

2014年が始まりました。今年が皆様にとって素晴らしい年でありますように。福島校のイアン先生に、好きなチョコレートについて書いてもらいました。美味しいお話ですよ。

“We all enjoy chocolate but have you ever stopped and thought to yourself: *What is chocolate?*



Yes, everybody knows it is a sweet brown or white food eaten as a sweet or used for flavoring other foods, or a drink made by pouring hot water or milk over a sweet chocolate powder. Plus it is also used to describe a dark brown color.



However, maybe you don't know that chocolate has an interesting history. The cocoa bean which is used to manufacture chocolate has been around for million of years and is probably one of the oldest of nature's foods. Chocolate not only appeals to all the senses – sight, touch, smell and of course taste but it is also the only food that melts at body temperature. When you place a piece of chocolate in your mouth the cocoa butter, the fat, extracted (taken) from cocoa beans, melts on your tongue to give you that wonderful taste sensation which we are all familiar with.



Some people love this sensation so much that they simply can't stop eating and eating it and appear to have a chocolate addiction. We use the word *chocoloholic* to describe them. In my home country, Australia,

we consume an average of 9kgs of chocolate per person per year so there are plenty of chocoholics living there. Commercial chocolate made by companies such as Cadbury or Mars usually contains such low amounts of cocoa solids that it is more likely that chocolate lovers are actually addicted to the high sugar levels rather than the taste of chocolate itself. English speakers commonly use the expression *he has a sweet tooth*, to describe somebody who enjoys overly-sweet foods, not just chocolate.



But if you enjoy eating chocolate then you should not feel guilty about it because while chocolate is neither low fat nor low calorie it does have a high flavonoid content which may be good for your heart. Over the years people have claimed all sorts of health benefits from eating chocolate, especially dark chocolate. These include everything from aiding the circulatory system to stimulating the brain to preventing coughs. Thankfully the American manufacturer Hershey's produces over 80 million chocolate Kisses each and every day to help chocoholics and others attain these supposed health benefits.

Healthy or not, my favorite chocolatier is Godiva, from Brussels who have been making exquisite chocolate since 1926. They use a high level of cocoa solids and limited sugar in their recipes so the taste is just heavenly. On special occasions, such as White Day or a birthday, I usually purchase this expensive brand as a gift.



Bon appétit!

読み解きのヒント: 今月は自分調べて、読んでみよう! 外国人講師に質問するのもいいね!

Which is your favorite brand?

世界には様々なプレミアムブランドのチョコレートがありますが、あなたはどのブランドが好きですか？もし、日本で見かけたら、是非一度TRYして食べてご覧下さい！！

①ゴディバ(Godiva)



ベルギーのブランド。80年前にショコラティエJoseph Drapsがブリュッセルに最初の店舗をオープンし、以来レシピは守られている、世界で大人気のチョコ。



②リンツ&シュプルングリー (Lindt & Sprungli)

スイスのブランド。人気書いう品は免税店で定番の、ラッピング付のリンドールトリュフや、プレミアムいたチョコレートです。



③ギラテリ (Ghirardelli)

ココアミックスから定番のスクエアズチョコレートまで様々な製品を扱っています。アメリカ全土にわたって店舗を展開している。

Delicious! You wanna get a bite?



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