



## GUIDE FOR STUDENTS

Reading Guide: Cocoa in Ecuador - Exploring Archaeological Discoveries, Chocolate Varieties, Craft vs. Industrial Chocolate, and Superfoods

The following reading guide is designed to help students make the most of their reading experience about cocoa in Ecuador. This book focuses on the latest archaeological discoveries related to the first consumption of cocoa by humans over 5000 years ago. It also delves into the different varieties of cocoa used to make chocolate, the importance of high-quality cocoa, the comparison between craft and industrial chocolate, and the benefits of consuming superfoods. By following this guide, students will gain a comprehensive understanding of these topics and their relevance to human health and small businesses.

### 1. Archaeological Discoveries: The Origins of Cacao (known in english as Cocoa)

- a. Start by reading the chapter or section that discusses the archaeological discoveries of the first consumption of cocoa by humans over 5000 years ago.
- b. Take notes on the significance of these discoveries and the impact they had on ancient civilizations.
- c. Reflect on how the consumption of cocoa has evolved over time and the cultural importance it holds.

### 2. Cocoa Varieties: Exploring the World of Chocolate

- a. Read the sections that cover the different varieties of cocoa that grow in Ecuador.
- b. Pay attention to the unique characteristics associated with each variety.

c. Research additional information about the cultivation and production of these cocoa varieties to deepen your knowledge.

### 3. High-Quality Cocoa: The Importance of Excellence

a. Explore the chapters that highlight the significance of using high-quality cocoa.

b. Understand the factors that contribute to the quality of cocoa, such as growing conditions, processing methods, and harvesting techniques.

c. Investigate the impact of high-quality cocoa on the taste and nutritional value of chocolate products.

### 4. Craft Chocolate vs. Industrialised Chocolate: Supporting Small Businesses

a. Read the section about craft chocolate in Ecuador.

b. Explore case studies or real-life examples of small businesses in the chocolate industry and their contributions to local economies and sustainable practices.

### 5. Superfoods and Human Health: Understanding the Concept

a. Dive into the chapter on chocolate as a superfood and its benefits for human health.

b. Identify the specific superfoods mentioned in the book and their nutritional properties.

c. Conduct further research on superfoods, their role in maintaining a healthy diet, and their potential impact on well-being.

Through this reading guide, students will gain an in-depth understanding of cocoa's historical significance, the various cocoa varieties used in chocolate production, the importance of high-quality cocoa, the differences between craft and industrial chocolate, and the concept of superfoods. Encourage students to reflect on the information they've learned and engage in discussions or activities to solidify their understanding of these topics.



Here are a couple of videos recommended to watch:

- \* [The ancient civilisation that discovered chocolate – BBC REEL](#)
- \* [Cacao ecuatoriano vs. chocolate alemán](#)