

Raw Chocolate Cloze

Chocolate. Is it good for our health? Or is it just good? Many experts (1)_____ that the sugar in chocolate is not good for us. But doctors (2)_____ to the healthful qualities of chocolate's antioxidants. VOA's George Putic reports that uncooked, (3)_____ chocolate may contain the right (4)_____.

The biggest value in eating cocoa and dark chocolate, besides the taste, may be its ability to (5)_____ blood pressure. This comes from the rich, comforting, almost decadent, feeling of cocoa butter (6)_____ in your mouth. That happy feeling may also (7)_____ to chocolate's anti-depressant qualities, says Kim Hoffman. Ms. Hoffman is a dietician, a person who (8)_____ people about what to eat to be healthy. She tells how dark chocolate makes us feel better and (9)_____ our mood.

'It contains phenethylamines, which is a neurotransmitter that is found in the brain and (10)_____ acts as a mood elevator. It also (11)_____ the blood endorphins, which are the happy opiates, and they are basically around when you are on a high.'

Not all chocolate is equal when it comes to those (12)_____ chemicals. The way commercial chocolate makers produce chocolate (13)_____ its health benefits. First, there is the (14)_____ of temperature. The heat (15)_____ to process commercial chocolate can be as high as 130 degrees centigrade. Some researchers say temperatures that high can actually lower the effectiveness of those (16)_____ chemicals.

Anthony Grid makes fine chocolates at a store called Honest Chocolate, in Cape Town, South Africa. He keeps the temperature of his (17)_____ chocolate below 42 degrees. Mr. Grid says that there is a movement in the food world to limit heat when cooking food. (18)_____ of this movement say that high temperatures lower the health benefits of our food.

'There's a movement for minimal cooking or minimal (19)_____ of food, just to retain the natural antioxidants or whatever, the minerals or whatever it may be. So cocoa is part of that - you can do it raw, with a very good quality (20)_____.'



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