



# *PODCAST*

# *TRANSCRIPT*

Episode 156:

Title: "Chocolate"

Duration: 27:42

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to

00:00	<p>Welcome to the Déclic Anglais Podcast, THE podcast for intermediate, French-speaking learners of English. This podcast is like a steppingstone (<i>un tremplin</i>) to help you understand more advanced materials in English. There is a transcript (<i>une transcription</i>) available for this and every episode of this podcast. You can download the transcript for free from the link in the description of this episode. Or go to <a href="http://www.declicanglais.com/podcast">www.declicanglais.com/podcast</a>.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:06	<p>Hello everyone, and welcome to <i>The Déclic Anglais Podcast</i>, the podcast where we explore fascinating topics while helping you improve your English. My name is Tom, and today we're going to talk about something that almost everyone loves: chocolate!</p> <p>I don't know about you, dear listeners, but I have never met anyone who doesn't like chocolate. (<i>Je n'ai jamais rencontré quelqu'un qui n'aime pas le chocolat</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:04	<p>In this episode, we will discover where chocolate comes from, learn about its fascinating history, and find out why people around the world can't get enough of it. We will also look at some surprising facts about what chocolate does to your body. So, get comfortable, dear listeners, maybe grab yourself a piece of chocolate, and let's begin!</p> <p><i>(Ecrivez vos notes ici).</i></p>

02:42	<p>First, let's answer a simple question: where does chocolate come from?</p> <p>Chocolate comes from the cacao tree (<i>en français, le cacaoyer</i>). The scientific name is <i>Theobroma cacao</i> – <i>Theobroma</i> means "food of the gods" in Greek. (<i>Theobroma signifie « nourriture des dieux » en grec</i>). This tree is native to the Americas, especially the hot, humid, tropical regions near the equator. Today, most cacao comes from West Africa, especially from countries like Côte d'Ivoire and Ghana. These two countries produce about 60% of the world's cacao.</p> <p><i>(Ecrivez vos notes ici).</i></p>
03:55	<p>The cacao tree produces large pods (<i>des cabosses</i>) —these are big, colourful fruits that grow directly on the trunk of the tree. Inside each pod, there are about 20 to 40 cacao beans (<i>des fèves de cacao</i>). These beans are the most important part because they are what we use to make chocolate.</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:31	<p>But, dear listeners, the beans don't taste like chocolate at first! Oh no – if you bite into a raw cacao bean you will have a shock. The taste would be intensely bitter. (<i>Le goût d'une fève de cacao crue est extrêmement amer</i>). After farmers harvest the pods, they remove the beans and ferment them for several days. Fermentation is a natural process that develops the chocolate flavour. Then, the beans are dried in the sun (<i>les fèves sont séchées au soleil</i>), packed into bags, and shipped to chocolate factories around the world.</p> <p><i>(Ecrivez vos notes ici).</i></p>

05:41	<p>At the factory, the dried and fermented cacao beans are roasted (<i>les fèves de cacao séchées et fermentées sont torréfiées</i>), just like coffee beans. After roasting, the shells are removed, and the inside part—called the "nib" (<i>un éclat de fève</i>) —is ground into a thick, dark liquid called chocolate liquor. (<i>Les fèves de cacao sont broyées pour obtenir un liquide épais</i>). This is the base, the foundation of all chocolate products.</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:43	<p>Now then, this brings us to a strange linguistic point, dear listeners. In English, we have two VERY similar words when we are talking about chocolate – and it's a little bit confusing: <i>cacao</i> and <i>cocoa</i>.</p> <p>So far, you have heard me use the word cacao. <i>Cacao</i> refers to the beans <b>before</b> they are roasted. When we roast cacao beans, the product becomes <b>cocoa</b>.</p> <p><i>Pour être honnête, 99 % des anglophones ne connaissent pas cette différence et utilisent le mot « cocoa » pour tout. Avant d'écrire cet épisode, je ne connaissais pas non plus cette différence ! J'apprends beaucoup de choses en faisant des recherches pour ce podcast !</i></p> <p><i>(Ecrivez vos notes ici).</i></p>

07:50	<p>Ok, dear listeners, let's travel back in time and explore chocolate's amazing history.</p> <p>For Europeans, chocolate is quite a recent innovation. But in fact, chocolate has been important to humans for more than 3,000 years! The first people to use cacao were the ancient civilizations of Central America, including the Olmecs, the Mayans, and the Aztecs.</p> <p><i>(Ecrivez vos notes ici).</i></p>
08:31	<p>For the Mayans and Aztecs, chocolate was very special. It even had a spiritual significance for them. They didn't eat it as a sweet treat like we do today. <i>(Pour les peuples de l'Amérique centrale antique, le chocolat n'était pas une friandise sucrée comme aujourd'hui).</i></p> <p>Instead, they made a bitter drink <i>(une boisson amère)</i> by mixing ground cacao beans with water, chili peppers, and sometimes corn <i>(du maïs)</i>. They called this drink "xocolatl," which is where our word "chocolate" comes from.</p> <p><i>(Ecrivez vos notes ici).</i></p>
09:27	<p>This chocolate drink "xocolatl" was used in religious ceremonies and was considered so valuable that cacao beans were actually used as money! Just imagine, dear listeners, going to the market and paying for your food with chocolate. That sounds pretty good, doesn't it?</p> <p><i>(Ecrivez vos notes ici).</i></p>

09:50	<p>In the early 1500s, Spanish explorers arrived in the Americas. When Hernán Cortés met the Aztec emperor Montezuma, he was introduced to this special chocolate drink. The Spanish brought cacao beans back to Europe, and chocolate became popular but only among the wealthy and the royal families. <i>(Le chocolat est devenu populaire en Europe, mais uniquement parmi les riches et les familles royales).</i></p> <p><i>(Ecrivez vos notes ici).</i></p>
10:35	<p>Now, the first chocolate recipes to be consumed in Europe were still very bitter (<i>très amères</i>). Think like eating a 100% cocoa chocolate bar – some people like it, but it's still too bitter for most. European people wanted something sweeter, so they started adding sugar and honey to the chocolate drink. For almost 300 years, chocolate was only consumed as a drink, and it was very expensive.</p> <p><i>(Ecrivez vos notes ici).</i></p>
11:16	<p>The big change came in the 1800s. In 1828, a Dutch chemist named Coenraad van Houten invented a method to remove most of the fat from chocolate liquor, creating cocoa powder. This made chocolate drinks cheaper and easier to make.</p> <p><i>Hmm, attends une seconde, Tom. Ce nom « van Houten » me dit quelque chose.</i></p> <p>Yes, indeed it should, dear listeners. The brand of chocolate <i>Van Houten</i> was founded by this Dutch chemist – Coenraad van Houten. And it's still a very popular brand two hundred years later!</p> <p><i>(Ecrivez vos notes ici).</i></p>

12:15	<p>The first modern-looking chocolate bar (<i>la première tablette de chocolat d'aspect moderne</i>) was created in 1847, by a British company called Fry and Sons. This was done by adding cocoa butter (<i>le beurre de cacao</i>) back into the chocolate. This was revolutionary! For the first time, people could eat solid chocolate.</p> <p><i>(Ecrivez vos notes ici).</i></p>
12:53	<p>In 1875, a Swiss chocolatier named Daniel Peter added condensed milk to chocolate and invented milk chocolate. His business associate? A certain Henri Nestlé. Does that name sound familiar?</p> <p><i>(Ecrivez vos notes ici).</i></p>
13:23	<p>Finally, another Swiss man, Rodolphe Lindt, invented a process called "conching" (<i>en français, le conchage</i>). Conching refines the taste of chocolate and allows the ingredients to blend together more homogeneously. (<i>Le conchage affine le goût du chocolat et permet aux ingrédients de se mélanger de manière plus homogène</i>). Conching makes a BIG difference to the end product, dear listeners.</p> <p>Thanks to these innovations, chocolate became affordable (<i>abordable</i>) for ordinary people, and chocolate companies like Cadbury, Nestlé, and VanHouten began producing chocolate for everyone.</p> <p><i>(Ecrivez vos notes ici).</i></p>

14:26	<p>This brings us to our next question: why do people love chocolate so much?</p> <p>I mean, it's strange, isn't it? This little bean from a tree in Central America has become one of the most consumed foods in the world.</p> <p>Well, there are several reasons why chocolate is so appealing.</p> <p><i>(Ecrivez vos notes ici).</i></p>
14:57	<p>First, let's talk about the obvious: the taste. Chocolate has a unique combination of flavours: it can be sweet, bitter, creamy, and rich all at the same time. This complex taste is very satisfying to our palates. The texture is also important—when chocolate melts in your mouth, it creates a smooth, luxurious feeling.</p> <p>I don't know about you, dear listeners, but I really love chocolate with a hot drink like tea or coffee. It sounds silly, but a cup of tea is sometimes just “too wet” (<i>trop humide</i>) without a piece of chocolate.</p> <p><i>(Ecrivez vos notes ici).</i></p>
16:00	<p>But there's more to it than just taste. (<i>Le goût ne fait pas tout !</i>) Chocolate actually affects your brain chemistry! (<i>Le chocolat a réellement un effet sur la chimie de votre cerveau</i>). When you eat chocolate, your brain releases several "feel-good" chemicals. One of them is dopamine, which is associated with pleasure and reward. Chocolate raises your dopamine levels by about 50%! Chocolate also stimulates the production of serotonin, a neurotransmitter which can improve your mood and make you feel happier.</p> <p><i>(Ecrivez vos notes ici).</i></p>



16:59	<p>Chocolate also contains small amounts of caffeine, and a similar compound called theobromine. If you remember from earlier, dear listeners, we learned that the scientific name of the cacao tree is <i>Theobroma cacao</i>. The theobromine and caffeine in chocolate give you a gentle energy boost and can make you feel more alert.</p> <p><i>(Ecrivez vos notes ici).</i></p>
17:36	<p>Additionally, chocolate contains phenylethylamine, which is sometimes called the "love chemical" – it's the hormone that makes us feel that we are falling in love. If you have ever felt in love with someone, and you feel the butterflies in your stomach, that's phenylethylamine! This might explain why chocolate is such a popular gift on Valentine's Day!</p> <p><i>(Ecrivez vos notes ici).</i></p>
18:12	<p>There's also a psychological and cultural aspect. For many people, chocolate is associated with happy memories—birthday cakes, holiday celebrations, rewards for good behaviour, or comfort during difficult times. These positive associations make us love chocolate even more.</p> <p><i>(Ecrivez vos notes ici).</i></p>

18:41	<p>Now, we've spoken about what chocolate does for the brain. But let's look at what chocolate does for your body.</p> <p>Over the years, chocolate has developed a bit of a bad reputation: it's bad for you – very simply, chocolate is an unhealthy treat with no benefits (<i>le chocolat est une friandise malsaine qui ne présente aucun bienfait pour la santé</i>). But thankfully, modern research has revealed some surprising health benefits, especially for dark chocolate (<i>le chocolat noir</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
19:36	<p>Dark chocolate is rich in antioxidants called flavonoids. These compounds can help protect your cells from damage and may reduce inflammation in your body. Some studies suggest that eating dark chocolate in moderation might lower your risk of heart disease. (<i>Certaines études suggèrent que la consommation modérée de chocolat noir pourrait réduire le risque de maladies cardiaques</i>).</p> <p><i>(Ecrivez vos notes ici).</i></p>
20:25	<p>Dark chocolate can also help lower blood pressure (<i>la tension artérielle</i>). The flavonoids help your blood vessels relax and widen (<i>se dilater</i>), which improves blood circulation.</p> <p>But dear listeners, before you reach for a <i>Mars</i> or a <i>Snickers</i>, let me say... You need to eat chocolate with a high percentage of cacao—at least 70%—to get these benefits.</p> <p><i>(Ecrivez vos notes ici).</i></p>

21:15	<p>Chocolate can even improve your brain function! Some research shows that the flavonoids in dark chocolate may enhance memory (<i>les flavonoïdes peuvent aussi améliorer la mémoire</i>), they may improve your attention span, and cognitive skills. The caffeine and theobromine also provide a light mental boost.</p> <p><i>(Ecrivez vos notes ici).</i></p>
21:58	<p>Now, you might be thinking: <i>“Waouh ! Je devrais manger des tonnes de chocolat tous les jours. Je serai bientôt aussi intelligent qu'Einstein et je vivrai éternellement !”</i></p> <p>But again, like I said earlier, dear listeners – you must consume chocolate with high percentages of cacao. Many chocolate bars also contain high levels of sugar and bad fats, which are not so great for your health. Milk chocolate and white chocolate have less cacao and more sugar, so they don't provide the same health benefits as dark chocolate.</p> <p><i>(Ecrivez vos notes ici).</i></p>
22:48	<p>As with anything, dear listeners, the key is moderation. Experts recommend eating about 28 grams —that's about or one or two small squares—of dark chocolate per day to enjoy the benefits without consuming too much sugar.</p> <p><i>(Ecrivez vos notes ici).</i></p>

23:09	<p>One more interesting fact: chocolate is safe for humans, but it's toxic to dogs and cats! Remember earlier that we talked about theobromine? Theobromine is like caffeine; it gives you a light mental boost. But this very theobromine can make some animals very sick. So never share your chocolate with your pet dogs and cats, no matter how much they beg (<i>peu importe à quel point ils supplient!</i>)</p> <p>(<i>Ecrivez vos notes ici</i>).</p>
23:56	<p>Alright then, dear listeners, so far so good? (<i>Jusqu'ici tout va bien ?</i>)</p> <p>How much do you want a bar of chocolate right now? Well, don't worry – I won't keep you for much longer. Let's finish with some fascinating facts about chocolate consumption around the world.</p> <p>(<i>Ecrivez vos notes ici</i>).</p>
24:23	<p>Can you guess which country eats the most chocolate per person per year? <i>Pouvez-vous deviner quel pays consomme le plus de chocolat par habitant et par an ?</i></p> <p>Is it the Americans? The French? Oh no, dear listeners, it's Switzerland! Swiss people consume about 11 kilogrammes of chocolate per person every year. That's almost one kilogram per month! Well done, Switzerland! I just hope you have very good dentists.</p> <p>(<i>Ecrivez vos notes ici</i>).</p>

25:15	<p>Germany, Austria, Ireland, and the United Kingdom also rank very high in yearly chocolate consumption. The French and Belgians, you guys are more sensible (<i>plus raisonnables</i>), consuming around 3 to 3.5 kilogrammes per year.</p> <p>Interestingly, even though West Africa produces most of the world's cacao, people in those countries don't eat much chocolate themselves. Most of the cacao is exported to rich countries in Europe and North America.</p> <p>The global chocolate industry is enormous—it's currently worth more than 130 billion US dollars per year. That's a lot of chocolate, and it's only growing.</p> <p><i>(Ecrivez vos notes ici).</i></p>
26:36	<p>Well, that brings us to the end of today's episode, dear listeners. I hope that you have enjoyed learning about chocolate – and if you have come this far in the episode, I think you deserve a nice piece of dark chocolate, or a lovely cup of hot chocolate as a reward.</p> <p>And the next time you enjoy a piece of chocolate, you can appreciate not just the taste, but also the rich history and science behind this incredible food.</p> <p><i>(Ecrivez vos notes ici).</i></p>
27:15	<p>Thank you very much for listening to <i>The Déclic Anglais Podcast</i>, everyone. If you are enjoying this podcast, please share it with your friends who are also learning English.</p> <p>Until next time, happy learning—and happy chocolate eating! Bye for now.</p> <p><i>(Ecrivez vos notes ici).</i></p>

## How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like

[www.wordreference.com](http://www.wordreference.com) to ensure that you have the correct definition and context.

### **WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:**

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