SPECIFIC PURPOSE: To inform my audience about Chocolate.
CENTRAL IDEA: In order to answer a few of these chocolate questions, you should know a little about chocolate’s story and what makes chocolate so good.

INTRODUCTION: “Chocolate makes me jump and shout. Chocolate makes my eyes bug out. I heard the kind call from his car. ‘My kingdom for a chocolate bar, Send all the troops that we can muster, To seize a chocolate peanut cluster.’ Make sure it’s chocolate in my shake And in the cookies that you bake. Lemon, vanilla, butterscotch, lime? Give me chocolate every time!” – a poem called “Who Said Vanilla?” by Bob Tucker, 1999.

When you’re sad, or your heart aches, chocolate is the best cure. What is it about chocolate that makes people, especially women, feel better? Why do we immediately turn to indulging in chocolate’s splendor during rough times? We even give chocolates as gifts. Why do our mouths water from simply hearing its name? In order to answer a few of these chocolate questions, you should know a little about chocolate’s story and what makes chocolate so good.

I. Story of Chocolate
   A. Theobroma Cacao
   C. Hernan Cortes
      1. “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.” – Hernan Cortes, also found in the book by Ruth Lopez
      2. (following obtained from the Internet Article: “The Culture of the Cocoa Bean: Timeline of Chocolate”, author Mary Bellis, no date.) Chocolata changes in Spain
   D. Changes over the centuries
      1. Candy-bars, boxed candies, milk-chocolate, and filled chocolates

TRANSITION: Now that we’ve discussed chocolate’s place in history, you’re ready to understand what makes chocolate so good.

II. Why it’s so good
      1. Theobromine comes from cacao tree’s genus name Theobroma cacao
         a. Caffeine myth, both are stimulants (Internet Article: “Chocolate Does Not Contain Caffeine”, no author, no date.)
         b. Comparison of the effects of Theobromine and Caffeine
   B. Unfortunately for dogs, they can’t eat chocolate
      1. Can’t metabolize Theobromine, can cause death
   C. Chocolate is a medicine (obtained from Book: “The True History of Chocolate”, author Sophie & Michael Coe, 1996.)
      1. European medical theory of four humors
         a. “…warms the stomach, perfumes the breath,…[and] combats poisons, alleviates intestinal pains and colics.”
CONCLUSION: Chocolate began in South American and Mexico, was brought to Europe; then it spread throughout the world. It started as a bitter, nasty, but healthy, drink, and became a sweet, delicious candy. It grew into a great delicacy that was originally enjoyed only by the elite, but can now be enjoyed by all. Chocolate tastes excellent and melts in your mouth. Its chemical, Theobromine, is good and stimulating for people, but unfortunately bad for dogs. People originally used it as a medicine, especially for fevers and fatigue. Now, it’s used also to help heart aches soothe. If you’re in the mood for a delicious treat, treat yourself to chocolate. After all, it’s a healthy snack. Since I’ve succeeded in making your mouths water, it’s time for a little chocolatey treat.

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Internet Article: “The Culture of the Cocoa Bean: Timeline of Chocolate”, author Mary Bellis, no date.


Internet Article: “Chocolate Does Not Contain Caffeine”, no author, no date.