



# HISTORY BITES

## LITTLE NIBBLES OF HISTORY

### *Where did Chocolate come from?*

While researching our EDUCATIONAL MUSICAL *The Golden City - The Lost Empire of the Aztecs* I learnt how long people have been drinking a form of chocolate, there have been chocoholics since 450 BC!

I wanted to learn more about the history of chocolate.

I discovered that it first recorded in Mesoamerica, an area in North America that went from central Mexico in the north down through Belize, Guatemala, El Salvador, Honduras, Nicaragua, down to the north of Costa Rica.

Interestingly, the Aztecs, which our musical is about, believed that cacao seeds were the gift of Quetzalcoatl, the god of wisdom, and at one point in Aztec society the seeds were so valuable that they were used as currency.



Originally, they prepared it as a drink served as a bitter liquid and mixed with spices or corn puree. It was believed to be an aphrodisiac; is this the real reason we give our lovers chocolate?

The Aztecs were not able to grow cacao beans themselves, they had to import it, therefore, in the areas that they conquered that grew cacao beans, the conquered were ordered to pay their tax in beans.

Because of this, the beans as well as the seeds became a common form of currency.

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Even after the Spanish conquest they continued to be in use, there are records showing that 100 beans could buy you a canoe filled with freshwater or even a turkey hen!

Today, a similar drink is still made by locals in the South of Mexico, it is now known as "Chilate"s, but it is not used as a currency!

Chocolate only arrived in Europe in the sixteenth century, after the Spanish invasion of the Aztec Empire.

Then being Europeans we ruined it by adding sugar! Could this have been the start the obesity crisis?

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In fact the Aztecs are an interesting and sometimes forgotten empire, which is why we published a musical

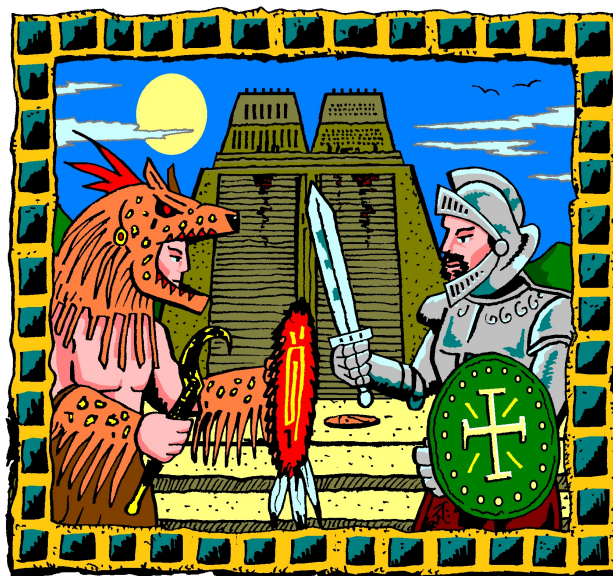
### ***THE GOLDEN CITY***

#### ***The Lost Empire of the Aztecs***

which you can find if you click on

<https://eml.coolski.co.uk/index.php/product/the-golden-city/>

where you will find two of the catchy songs and two pages of our amazing script.



YOU CAN FIND OUT MORE ABOUT CHOCOLATE...AND COFFEE AT...

<https://coffeeandteacorner.com/are-coffee-and-chocolate-related/>

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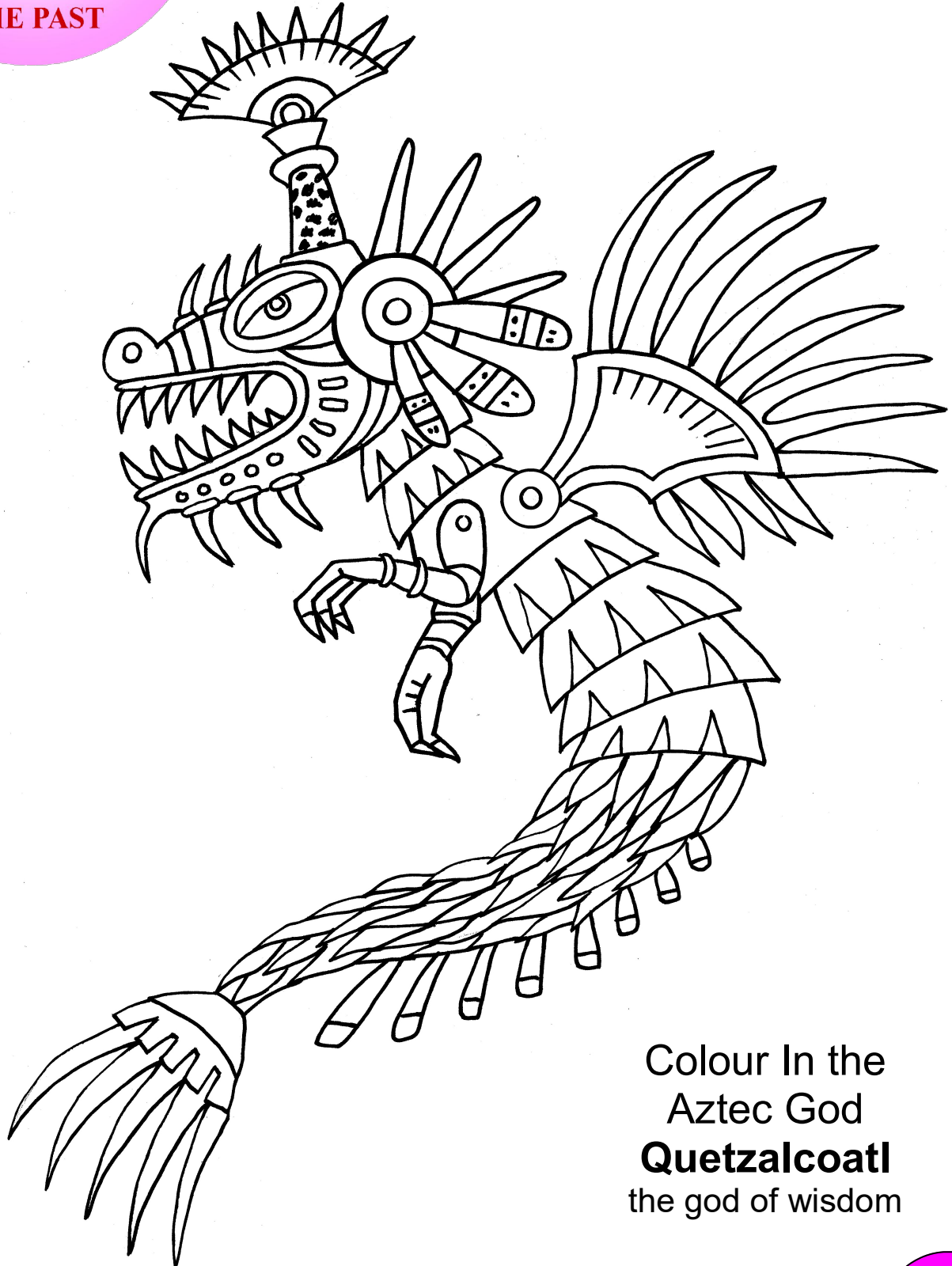
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1 lesson CLASSROOM ACTIVITY



Colour In the  
Aztec God  
**Quetzalcoatl**  
the god of wisdom

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