

Children's Activity Pack

Ages 5 —10

WORD SEARCHES

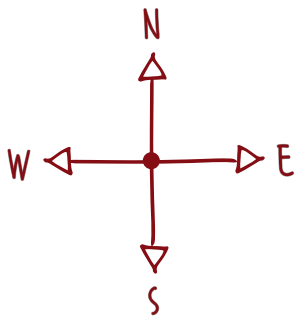
PUZZLES

COLOURING

FUN, FUN & FUN

WHERE DOES CHOCOLATE COME FROM?

Cacao grows around the equator...we call it the cacao belt.



It covers an area 20° north and south of the equator.



The temperature is 20°C to 30°C all year round.

There's 45% humidity and 1000—2500mm of rain per year.

THE HISTORY OF CHOCOLATE



The first documented enjoyment of chocolate was by the Aztecs in the region now known as Mexico.

Montezuma, their emperor, gave his guests cups of chocolate with added vanilla.

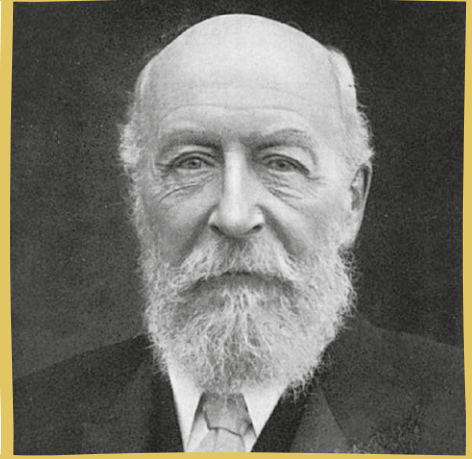


Hernán Cortés took the secret of cacao with him back to Spain after he conquered Mexico in 1521.



When chocolate reached England, the chocolate drink could only be afforded by the wealthy as cacao beans were so expensive.

In 1664 the famous writer, Samuel Pepys, wrote about the chocolate drink.



Fast-forward 200 years and George Cadbury made chocolate more accessible to everyone!

200 YEARS

BUT WHERE DOES OUR CHOCOLATE COME FROM TODAY?

Cacao trees can grow up to 10 metres tall. The tree makes fingernail-size flowers.

Cacao pods then grow from some of these flowers.



Cacao pods come in many different colours, including purple, yellow, red and green.



When the pods are ready to harvest, large knives are used to cut them open.

Each pod has around 40 purple beans set in a white pulp.



The pulp and beans are then either piled up outside in the heat of the day and covered with banana leaves, or they're stored in boxes. They stay here for a few days, being turned regularly. This process is called fermentation. The heat releases the sugars from the beans. This is where 80% of the chocolate flavours come from.

When the pulp has been drained away, the beans are spread out under the sun.

This drying process changes the colour from purple to brown. If it rains, the beans are quickly covered by plastic sheeting to protect them.

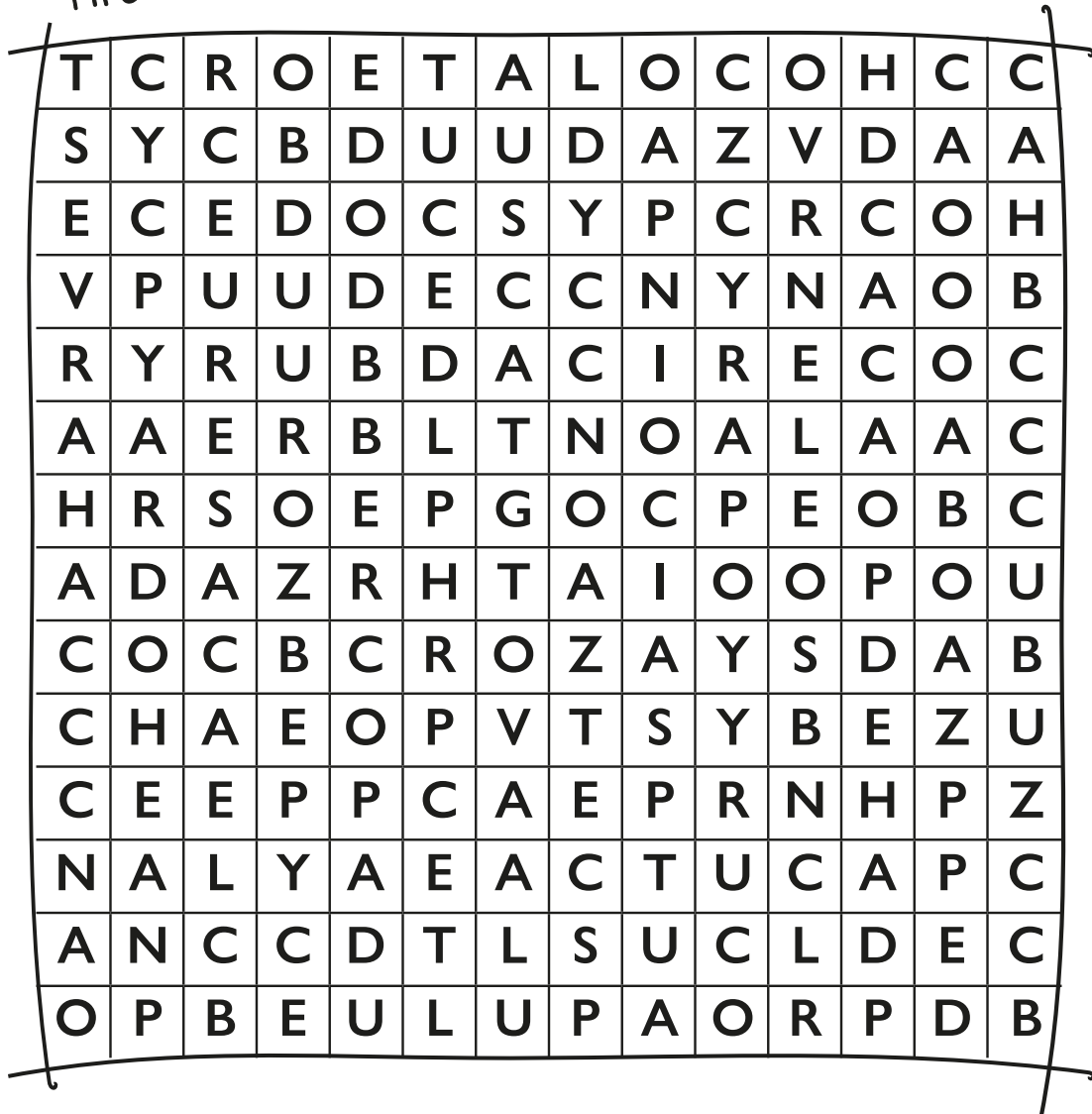


Once dried, the cacao beans are bagged up and sent to our factory to be made into chocolate.



CHOCOLATE HISTORY WORD SEARCH

CAN YOU
FIND ALL
THE WORDS?



CACAO

PULP

HARVEST

CHOCOLATE

POD

AZTECS

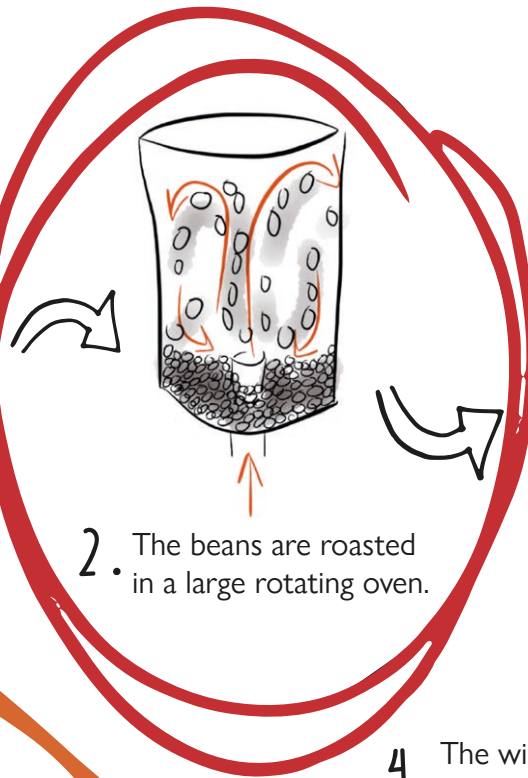
BEAN

DRYING

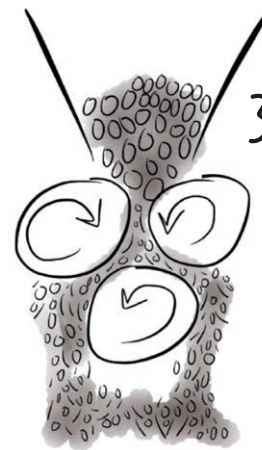
THE SCHOOL OF CHOCOLATE

How is chocolate made?

1. When the cacao arrives to our UK factory it needs to be sorted to make sure that the beans are good ones.

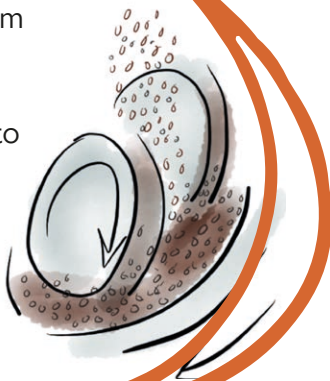


2. The beans are roasted in a large rotating oven.

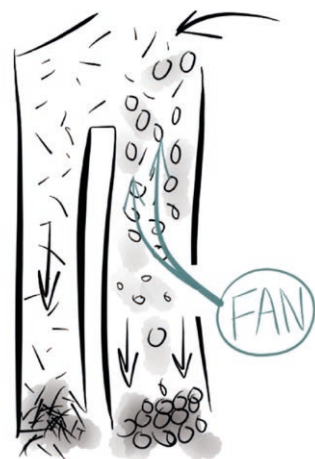


3. The beans are broken up to remove the nib (the inside of the bean) from the shell.

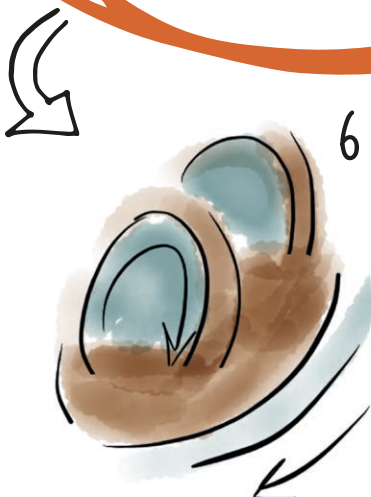
5. Once the nibs have been separated from the shells, they go into a grinding mill. This turns them into a thick paste called cacao mass. The cacao is still a bit gritty at this stage.



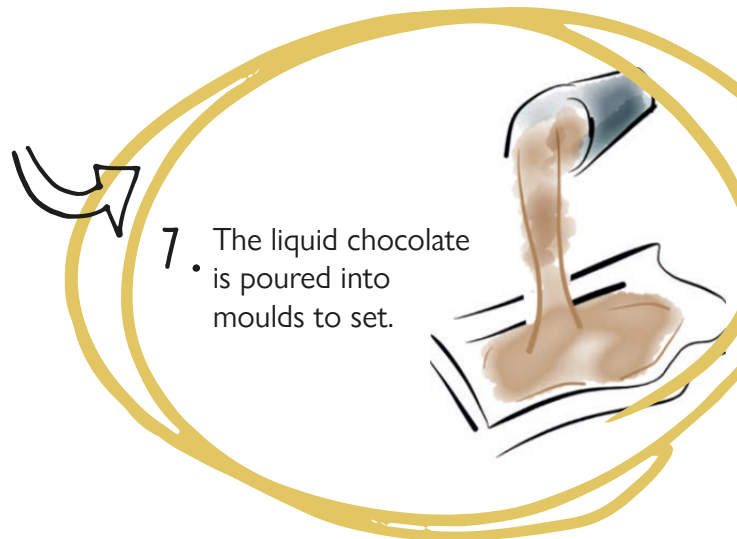
4. The winnowing process blows air that lifts the light shells of the beans upwards, while the heavier nibs fall through a sieve. The nibs are what we use to make the chocolate.



6. The mass is put through heavy rollers until it's smooth. This is called 'conching'. This is the stage where other ingredients would be added to make up all your favourite types of chocolate.



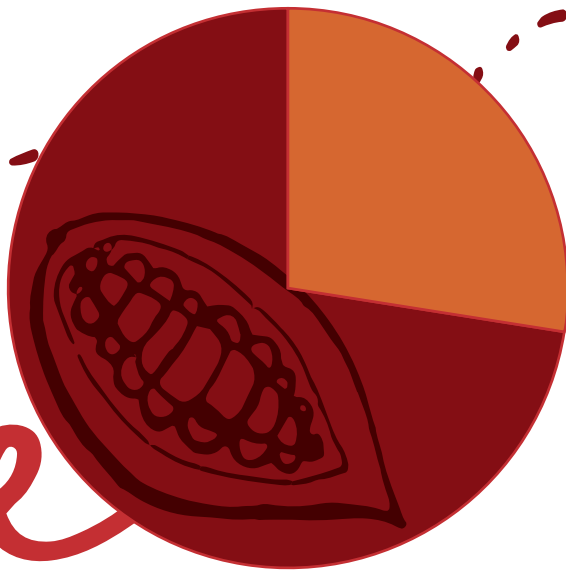
7. The liquid chocolate is poured into moulds to set.



TYPES OF CHOCOLATE

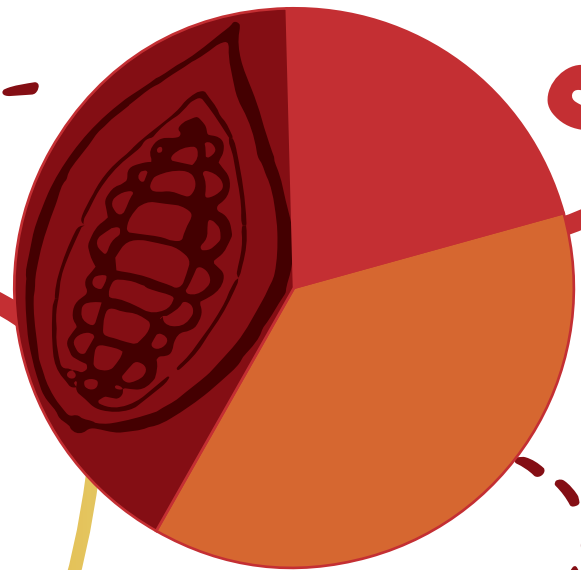
What ingredients make dark, milk and white chocolate?

DARK



To make dark chocolate, sugar must be added to the liquid cacao.

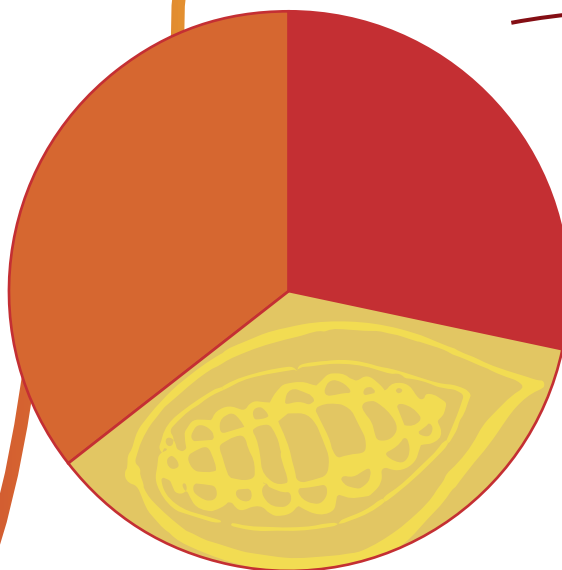
MILK



Milk chocolate is made by adding sugar and dried milk.

WHITE

Rather than using the cacao mass to create white chocolate, the mass is put under a lot of pressure, and cacao butter is squeezed out. This is then added to sugar and milk.



CACAO BUTTER IS EXTRACTED FROM THE CACAO BEAN

KEY

- CACAO
- SUGAR
- MILK
- CACAO BUTTER

CHOCOLATE MAKING WORD SEARCH

CAN YOU
FIND ALL
THE WORDS?



WHITE

CONCHING

MOULDS

DARK

WINNOWING

GRINDING

MASS

ROASTED

SHELL

MILK

SUGAR

NIB



DOT-TO-DOT

Join the dots to reveal a cute
Easter character!



COLOUR YOUR CACAO PODS

WILL YOU
MAKE YOURS
PURPLE,
YELLOW, RED
OR GREEN?



DESIGN YOUR OWN CHOCOLATE SLAB

If you could create your very own version of one of our famous chocolate Slabs, what would it be? Show us how you'd decorate it, what ingredients you'd use and what name you'd choose!

1. What would your Slab look like?

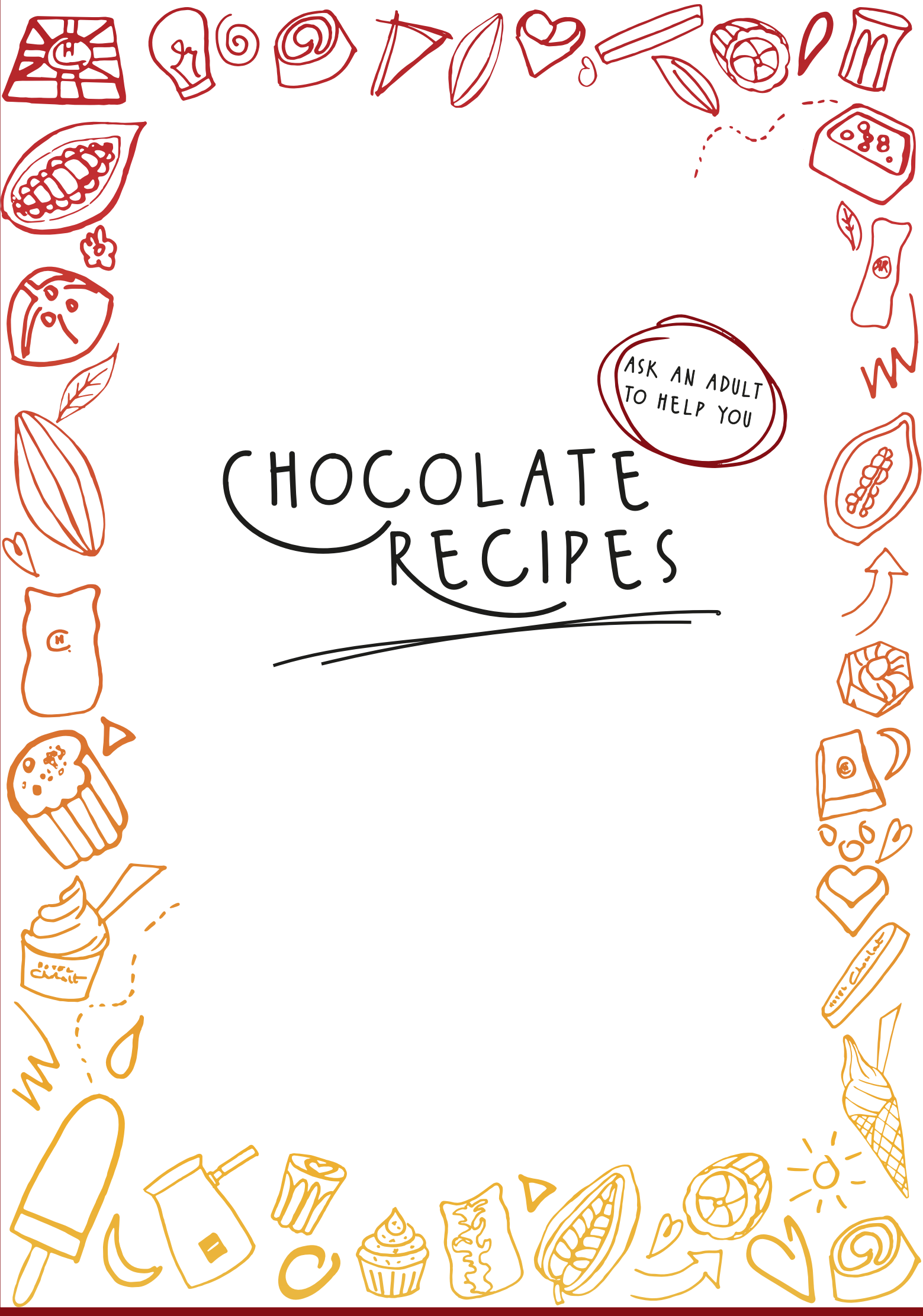
2. Tell us the name of your Slab:

3. What ingredients would you use?:

SHARE YOUR
DESIGN WITH US!



Ask a parent to take a picture and email it to
designaslab@hotelchocolat.com



CHOCOLATE RECIPES

ASK AN ADULT
TO HELP YOU



HOW TO MAKE YOUR OWN CHOCOLATE HAZELNUT SPREAD

This is one of our most popular spreads. You can blitz hazelnuts in a food processor to your desired consistency.

CACAO FACTOR: High
ORIGIN: Any
CACAO%: 70% — 85%

Equipment

Electric mixer or whisk
1 microwave-safe mixing bowl
Microwave or saucepan
Airtight storage container

Ingredients

Makes 300g
150g hazelnut paste
50g icing sugar
80g dark chocolate
25ml sunflower oil

Method

(Ask an adult to help you)

1. In a mixing bowl, mix the hazelnut paste and sugar until smooth.
2. Melt the chocolate in the microwave in 10-second bursts, on medium power, for 40 — 50 seconds. Alternatively, we prefer the *bain marie* method: melt the chocolate in a bowl set over a pan of simmering water for 2 minutes. Make sure the bottom of the bowl doesn't actually touch the hot water, and stir the chocolate occasionally.
3. Slowly add the oil to the chocolate in a trickle, beating the chocolate all the time to create a smooth emulsion.
4. Now beat in the nut paste mixture and ensure everything is thoroughly combined.
5. Chill in a sealed, airtight storage container for about an hour until set.

This can be kept for up to 2 weeks in the fridge. Soften at room temperature for about 30 minutes before serving.



HOW TO MAKE A CACAO BANANA SMOOTHIE

Cacao plants need some shade to grow well, and on our cacao plantation in Saint Lucia they thrive under the shelter of hundreds of banana trees. This made it easy for us to gather the main ingredients so we could try out this take on a classic smoothie...

CACAO FACTOR: High
ORIGIN: Any
CACAO%: 70% — 85%

Equipment

A blender
A grater

ASK AN ADULT
TO HELP YOU

YUM
YUM
YUM

Ingredients

Serves 2

- 1 ripe banana
- 110g low-fat natural yoghurt
- 100ml skimmed milk
- 50g porridge oats
- 2 teaspoons grated dark chocolate
- 2 teaspoons flaxseed
- 1 teaspoon clear honey
- 4 ice cubes

Method

(Ask an adult to help you)

1. Place all ingredients in a blender
2. Blitz until smooth
3. Pour into a tall glass and serve straight away



HOW TO MAKE A DIZZY PRALINE CAKE

ASK AN ADULT
TO HELP YOU

This hazelnut chocolate cake is inspired by our Dizzy Praline chocolate, a firm favourite ever since the first Hotel Chocolat opened. This recipe uses ground hazelnuts combined with dark chocolate to recreate the smooth taste of praline (a paste of crushed nuts, caramelised sugar and chocolate).

CACAO FACTOR: High
ORIGIN: Any
CACAO%: 70% — 75%

Equipment

An oven
Electric mixer or whisk
2 microwave-safe mixing bowls
Microwave or saucepan
2 round, 18cm cake tins

Ingredients

Serves 4
185g dark chocolate, broken into pieces
6 large eggs, separated
185g ground hazelnuts
115g caster sugar

Filling and decoration

150g any Hotel Chocolat (or other high-quality) chocolate spread
100g dark chocolate, broken into pieces
50g white chocolate, broken into pieces
100ml whipping cream

Method

(Ask an adult to help you)

1. Preheat the oven to 180°C/gas mark 4.
2. Grease 2 round, 18cm cake tins and line with baking parchment.
3. Melt the chocolate in the microwave in 10-second bursts, on medium power, for 40 — 50 seconds. Alternatively, we prefer the bain marie method: melt the chocolate in a bowl set over a pan of simmering water for 2 minutes. Make sure the bottom of the bowl doesn't actually touch the hot water, and stir the chocolate occasionally.
4. Using an electric mixer (or whisk), beat the egg whites until they form soft peaks.
5. Carefully fold the ground hazelnuts into the egg whites.
6. In a separate bowl, beat the egg yolks and sugar until thick and pale, then mix in the melted chocolate.
7. Add the egg-white mixture to the chocolate mixture and fold gently to combine.
8. Divide the batter equally between the prepared tins and bake in the center of the oven for 10 minutes, or until the top is firm to touch.
9. Allow the cakes to cool completely in their tins before turning them out.

Once cooled:

10. Sandwich the cakes together with the chocolate spread.
11. To make it a showstopper, pipe on the spread for a beaded edge and smooth over the middle.
12. Melt the dark chocolate for the topping (follow step 3). Then quickly beat in the cream and whisk until smooth and glossy.
13. Spread over the top of the cake.
14. Melt the white chocolate (follow step 3).
15. Pipe a swirl of the melted white on the top of the cake.
16. Leave to set before serving.