



# International Chocolate Day

## 國際巧克力日



“Grandpa, guess what!” exclaimed Granny Beck. “The cruise ship we sailed on last year suffered a disaster.”

“Oh, no,” said Grandpa Mike. “Did it sink?”

“No, it was worse,” said Granny. “It ran out of chocolate, right before International Chocolate Day.”

“Is there really such a day?”

「爺爺！猜猜怎麼著？」貝克奶奶大聲說。「我們去年搭的那艘遊輪陷入危險了。」

「喔，不會吧！」麥克爺爺說。「它沉了嗎？」

「沒有，比那更糟。」奶奶說。「它沒有巧克力可用了，竟然就發生在國際巧克力日之前。」

「真的有這樣一個節日嗎？」



“Yes. Some people celebrate it on September 13. Others celebrate September 23 or hold it on another day. Whatever the day, it is a time for creating unforgettable memories with friends and loved ones. You are supposed to share the sweet taste of chocolate with someone you love. People serve chocolate cakes, puddings, candies, mousse, dips and sauces. They can add chocolate to coffees and drinks of all kinds. People become artistic, decorating and making sculptures with chocolate. They even celebrate with chocolate at book signings for chocolate recipe books.”

Grandpa looked at Grandma with a funny face. “Who started a day like that?”

“It was started in 2003 by an Italian named Valeria Lo Iacono. How romantic!”

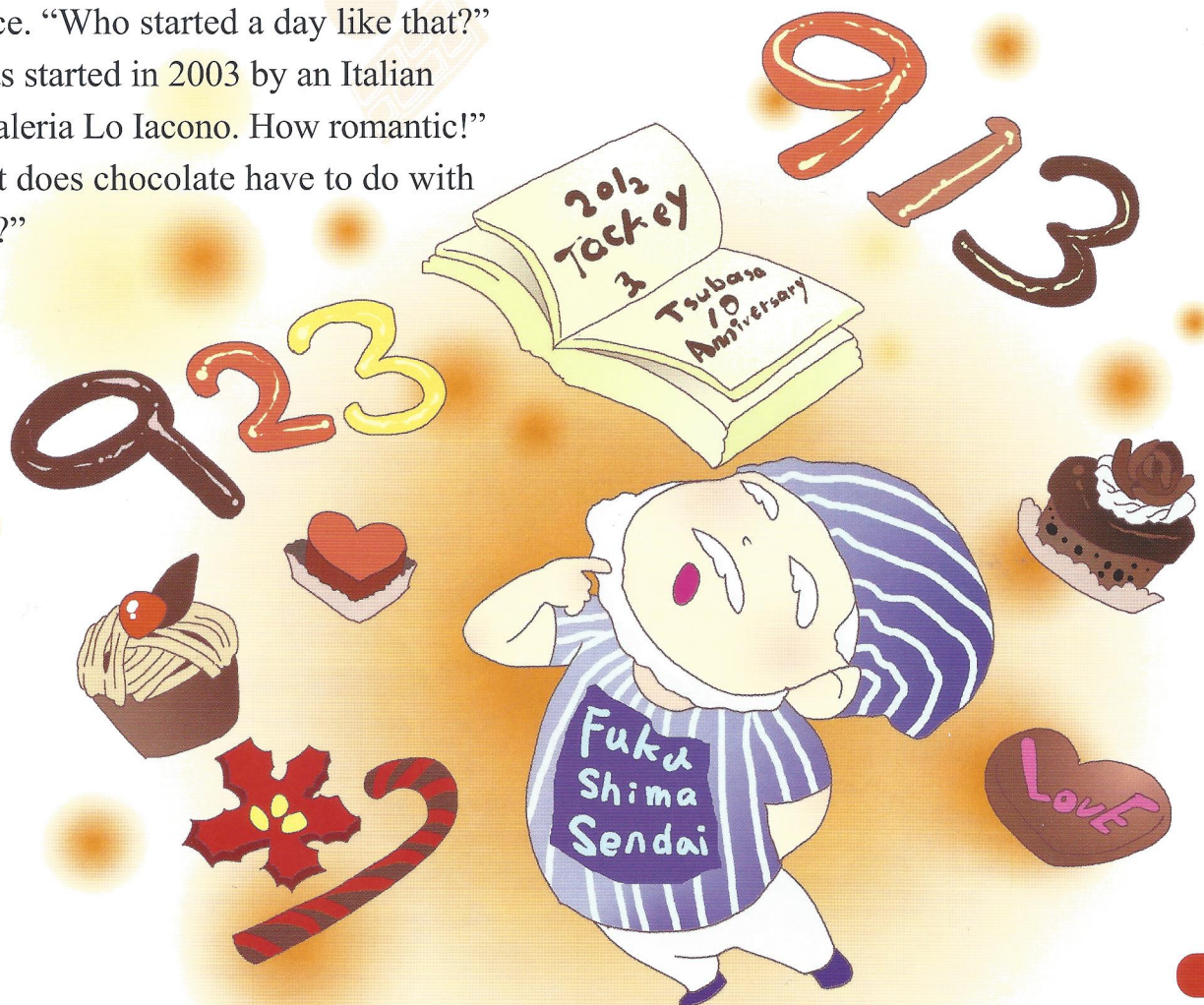
“What does chocolate have to do with romance?”

「沒錯。有人在9月13日慶祝這個節日。有人則在9月23日或其他日子慶祝。無論選擇在那一天，這都是和你朋友、愛人創造難忘回憶的日子。在這一天，你要和親愛的人分享巧克力的甜蜜。有人會送親友巧克力蛋糕、布丁、糖果、慕斯和沾醬。也有人會把巧克力加在咖啡或各式飲品裡。有些人則發揮藝術細胞，用巧克力來裝飾或雕刻。甚至有人在巧克力食譜書的簽書會上，用巧克力來簽名。」

爺爺好奇地看著奶奶，說：「誰發明這樣的節日的？」

「這是由一個叫做瓦拉麗雅·羅·伊雅科諾的義大利人在2003年創辦的，真是浪漫的點子！」

「巧克力和浪漫有什麼關係？」



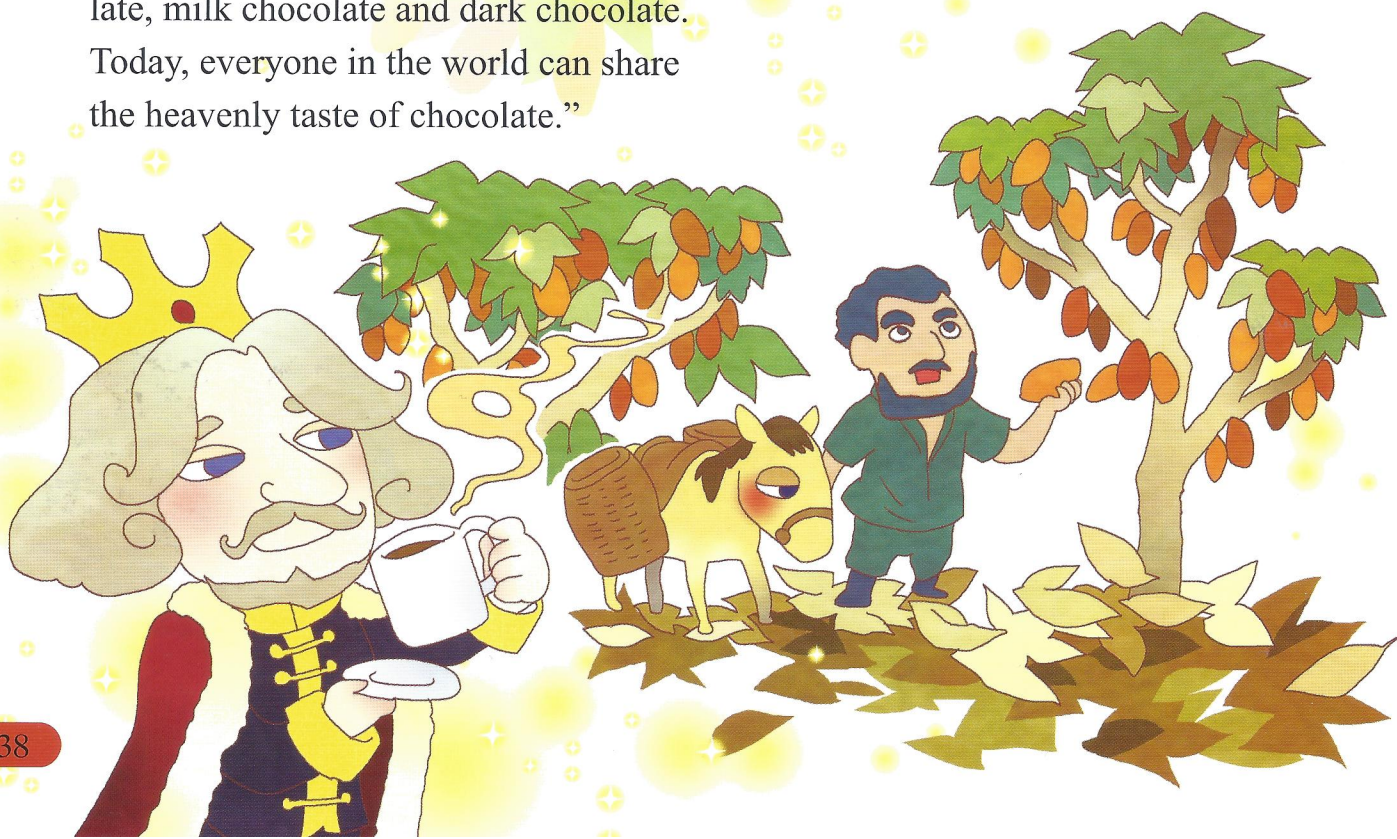


“Grandpa, research shows that dark chocolate can improve your mood. It can help lower cholesterol and blood pressure. Besides that, it tastes heavenly.”

“That is funny,” said Grandpa. “The ancient Mayans and Aztecs in the Americas first discovered the cacao tree. They found a way to turn cocoa beans from the cacao tree into chocolate. They said it was a gift from heaven and used it to make a drink for religious ceremonies. Spanish explorers brought it to Europe. At first only rich people could afford to buy it. In France, it was drunk by kings. Then farmers found that cacao trees would grow well in parts of Africa. People began to mix milk and sugar with chocolate. Chocolate became more affordable, and people found different ways to make it, including white chocolate, milk chocolate and dark chocolate. Today, everyone in the world can share the heavenly taste of chocolate.”

「爺爺！研究顯示，黑巧克力能夠改善情緒。它能夠幫助降低膽固醇和血壓。此外，巧克力很好吃。」

「這真有趣。」爺爺說。「住在美洲大陸的古瑪雅人和阿茲特克人最先發現可可樹。他們找到了把可可樹上的豆子變成巧克力的方法。他們說這種豆子是上天的禮物，用這種豆子調配在宗教儀式上飲用的飲料。西班牙探險家把可可豆帶回歐洲。起初，只有有錢人買得起。在法國，可可是國王的飲料。後來，農夫發現，可可樹能夠在非洲某些地區生長。然後，人們開始把牛奶和糖混合進巧克力中。巧克力變得更為平價，人們發現不同的調理方式，包括白巧克力、牛奶巧克力和黑巧克力。現在，全世界每個人都能嚐到巧克力這種天堂般的滋味。」





Granny said, “People eat chocolate at almost every holiday. It can be poured into molds and made into shapes of all kinds... hearts for Valentines, eggs for Easter, and Santas for Christmas. There are at least 20 holidays when chocolate can be served, even on New Year’s Day. Each year on January 1, I make a resolution to eat chocolate.”

“Doesn’t too much chocolate make you fat?” asked Grandpa? “I have also heard that it can cause acne or pimples. It can give some people migraine headaches. One substance found in chocolate can even make some animals sick.”

Granny said, “Try to be more positive, Grandpa. Chocolate comes from trees. So, it must be a fruit or vegetable. We are supposed to eat fruits and vegetables. My research says you need to ignore the bad effects and buy me some chocolate.”

奶奶說：「人們幾乎在每個節日都吃巧克力。巧克力可以用模型做成各種形狀，情人節時做成心型，復活節時做成蛋形，耶誕節時還可以做成耶誕老人。至少有20個節日能夠用巧克力來慶祝。就連新年也是。每年1月1日，我的新年新希望就是要吃巧克力。」

「吃太多巧克力不會讓你變胖嗎？」爺爺問。「我聽說巧克力會導致粉刺和痘痘。巧克力還會讓某些人偏頭痛。巧克力中的一種成分甚至可能讓某些動物生病。」

奶奶說：「爺爺，你要試著正面思考。做巧克力的可可豆是長在樹上的。所以它應該算是某種蔬菜或水果，我們應該要攝取蔬菜水果。我的研究顯示，你應該要忽略那些副作用，買巧克力給我。」



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