



## 英検 2 級

360words

### A New Type of Chocolate

Chocolate is one of the most popular foods in the world, and more and more of it is consumed every year. Recent research has shown that chocolate can have good effects on people's health. However, chocolate also contains ingredients, such as fat and sugar, which can be harmful. This means that eating a lot of chocolate is not good for you. Recently, though, a team of scientists at the University of Warwick in the United Kingdom has come up with a way to replace fat in chocolate without affecting the taste.

The reason that traditional chocolate has so much fat in it is that the fat is needed to keep all the ingredients combined together. Chocolate usually consists of cocoa powder, cocoa butter, fat from milk, sugar, and water. These ingredients separate easily. Therefore, extra fat is added to keep all these different ingredients together. The fat also creates the smooth feeling of chocolate. The team of scientists, though, has found a new and much healthier way to keep the ingredients of chocolate together.

In this method, first, fruit juice, which is healthier than fat, is converted into tiny bubbles. These are then mixed with the other ingredients in order to hold them all together. According to the leader of the team, Stefan Bon, it is possible to replace up to 50 percent of the fat with fruit juice in this way. The method can be used with dark, milk, or white chocolate, and the fruit juice maintains the feeling of chocolate in the mouth. So far, the team has been able to use cranberry, orange, and apple juice.

Of course, fruit-flavored chocolate has been available for some time. This time, though, the aim is not to improve the flavor of the chocolate but to make it healthier. More recently, the scientists have found that it is possible to replace the fruit juice with water and vitamin C in order to maintain a purely chocolate flavor. Even with the new method, chocolate will continue to have fat and sugar, so people should be careful not to eat too much. The new method, however, will make it much healthier than before.

(30) The chocolate developed by a team of scientists at the University of Warwick

- 1 has become the most popular type of chocolate in the world.
- 2 has more sugar but less fat than most types of chocolate.
- 3 tastes good but is healthier to eat than traditional chocolate.
- 4 helps people who dislike the flavor of traditional chocolate.

(31) Why is extra fat added to traditional chocolate?

- 1 To add a harder feeling to some types of chocolate.
- 2 To improve the taste of the milk used in chocolate.
- 3 To reduce the amount of sugar that is necessary.
- 4 To prevent the various ingredients from separating.

(32) What has the team of scientists discovered?

- 1 A type of fruit juice that can be added to chocolate to improve its taste.
- 2 A way to make chocolate that maintains the sweet flavor of fruit juice.
- 3 Up to half of the fat in chocolate can be replaced with fruit juice.
- 4 Fruit juice can be added to traditional chocolate to make it harder.

(33) The team of scientists has found that

- 1 adding vitamin C to chocolate can make it even healthier than adding fruit juice alone.
- 2 water and vitamin C can be used to make chocolate healthier without changing the taste.
- 3 the combination of fat and sugar in chocolate is the main reason that people enjoy eating it.
- 4 chocolate that tastes like fruit is naturally healthier than other types of chocolate.



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