**Chocolate**

Chapter 8 discusses the powerful lure of chocolate. These resources provide a more in-depth look at chocolate and its major role in cuisines worldwide.

*Video Resources:*

Any or all of these videos can be assigned as homework or watched in class. You can discuss cultural and chemical associations with chocolate that have supported its success in various cultures.

* This Food History episode, “Chocolate”, describes how chocolate is made and why it is so popular: <https://www.youtube.com/watch?v=-aUMXxcvrpU>
* NBC’s “Chemistry of Chocolate”: <https://www.youtube.com/watch?v=QIMx-iwTGXo>
* SciShow’s “Science of Chocolate”: <https://www.youtube.com/watch?v=bt7tzEzEg5o>

*Other Resources:*

* National Geographic, 10 Facts about Chocolate in Belize: <https://www.nationalgeographic.com/expeditions/get-inspired/inside-look/10-interesting-chocolate-facts-history-of-chocolate/>
* History.com, History of Chocolate:  
  <https://www.history.com/topics/ancient-americas/history-of-chocolate>
* History.com, Chocolate’s Sweet History:  
  <https://www.history.com/news/the-sweet-history-of-chocolate>
* Kuwana’s “Discovering the Sweet Mysteries of Chocolate”: <https://faculty.washington.edu/chudler/choco.html> (See additional resources at the end of the page.)

The Company Man released a YouTube series called “Bigger than you know” about chocolate companies and how they are major conglomerates. These videos can be used to illustrate the power of chocolate on a societal level.

* Hersheys: <https://www.youtube.com/watch?v=hn3sygnBhpg&list=RDCMUCQMyhrt92_8XM0KgZH6VnRg&start_radio=1&t=146>
* Nestle: <https://www.youtube.com/watch?v=Cbx-ILzgP4o&list=RDCMUCQMyhrt92_8XM0KgZH6VnRg&index=2>
* Mars, Incorporated: <https://www.youtube.com/watch?v=cuBAZc7loSY>

**Related references:**

Grivetti, L. E. (2005). From aphrodisiac to health food: A cultural history of chocolate. *Karger Gazette*, (68).

Robertson, E. (2017). *Chocolate, women and empire: A social and cultural history*. Manchester University Press.