

# Hot Chocolate and the Maya

11 Between 900BC and 250BC, the Maya civilisation in Mexico  
20 and central America used ground cacao (chocolate) to make  
31 a spicy, hot chocolate drink, which was used in rituals and  
40 ceremonies. Only the rich, noble members of society drank  
48 this rich, wholesome drink. Will you enjoy it?

## 49 Ingredients

53 3 tablespoons cocoa powder

55 250ml milk

59 1 teaspoon ground cinnamon

62 Pinch chilli powder



69 1. Mix the dry ingredients in a jug.

79 2. Heat the milk slowly until it is frothy. (Always be  
85 careful and ask for adult help.)

94 3. Add the milk to the jug and mix well.

103 4. Pour back and forth between two jugs to increase  
105 frothiness (optional).

108 5. Serve and enjoy!

# Quick Questions



1. What was used to make hot chocolate in ancient Maya times?

---



2. Find two words that mean **celebrations** or **occasions**.

---



3. The word rich has been used twice. Can you explain the two different meanings?

---

---

---



4. Do you think you would enjoy this hot chocolate? Why?

---

---

---

# Hot Chocolate and the Maya

11 Between 900 BC and 250 BC, the Maya civilisation in Mexico  
20 and central America used ground cacao (chocolate) to make  
31 a spicy, hot chocolate drink, which was used in rituals and  
40 ceremonies. Only the rich, noble members of society drank  
48 this rich, wholesome drink. Will you enjoy it?

## 49 Ingredients

53 3 tablespoons cocoa powder

55 250ml milk

59 1 teaspoon ground cinnamon

62 Pinch chilli powder



69 1. Mix the dry ingredients in a jug.

79 2. Heat the milk slowly until it is frothy. (Always be  
85 careful and ask for adult help.)

94 3. Add the milk to the jug and mix well.

103 4. Pour back and forth between two jugs to increase  
105 frothiness (optional).

108 5. Serve and enjoy!

# Quick Questions Answers



1. What was used to make hot chocolate in ancient Maya times?

**Accept: Ground cacao (with milk, cinnamon and chilli) was used to make hot chocolate.**



2. Find two words that mean **celebrations** or **occasions**.

**Accept 'rituals' and 'ceremonies'**



3. The word **rich** has been used twice. Can you explain the two different meanings?

**Rich is used to mean having plenty of money and for something having a full flavour.**

4. Do you think you would enjoy this hot chocolate? Why?

**Accept a reasonable explanation that links to the text and personal preference, e.g. yes, because I love sweet things like chocolate or no, because I don't enjoy eating spicy things like chilli.**

