



recipe for change

25min Cacao Culture Grade 5 Facilitator Notes

Objective: Student will be able to experience the way in which the ancient Maya society shaped the natural environment to grow cacao and in turn, meet their needs.



Recipe Category: Food Outside the Box



Cooking Time: 25 mins



Level of Difficulty: Grades 5



Recipe Ingredients:

Intro:

- Map of Mayan and Aztec Civilizations
- Map of current Cacao-producing countries
- Cacao tree, pod and seed photos
- A few real cacao beans (3-4)

Chocolate Tasting:

- Chocolate (*Chocosol*), probably no more than 1 puck per group, chopped into small pieces and in a container with a lid (e.g. bernardin jar)
- Tongs to distribute chocolate pieces to students
- Tasting graphs (1 per rotation)
- Stickers or markers to judge chocolate on the graph

Trading Game:

- Name tags + lanyards (or equivalent)
- Game trading cards (laminated if time)
- Dry red kidney beans (need around 200, so a large bag should do it)



Curriculum Links:

Grade	Subject Area	Ontario Curriculum Links
5	Social Studies	<p><i>Heritage and Citizenship – Early Civilizations</i></p> <p>Identify and compare ways in which people in various early civilizations met their physical and social needs, including how they interacted with and used the natural environment. (O)</p> <ul style="list-style-type: none"> • Explain how two or more early civilizations shaped and used the environment to meet their physical needs for food, homes, clothing, and health. (S) • Outline how social needs were met in two or more early civilizations. (S) <p>Show how innovations made by various early civilizations have influenced the modern world. (O)</p> <ul style="list-style-type: none"> • Make connections between some elements of modern life and similar events from early civilizations. (S)

Introduction: (2 mins)

- Introductions (who you are and what you're all about)
- Give a brief outline of the subject matter for this workshop (i.e. Cacao) and what that actually is
 - The official name of the chocolate tree is *Theobroma cacao* (Latin translation – “Food of the Gods”) but, some experts say, over the years, probably by mistake, people started replacing “cacao” (pronounced ‘Kah-Kow’) with the word “cocoa” (pronounced ‘Ko-Ko’). Most of us grew up saying cocoa bean, not cacao bean.
 - Now, with the rebirth of old-style, artisanal chocolate there is a movement to reclaim the bean’s rightful name: cacao
 - ***Pass around the cacao seeds to students can see what they’re like*
- Overview of the workshop/ what to expect from the next 20mins
 - We’ll be tasting some cacao in the form of chocolate made by a local organization called *Chocosol*. They use a high percentage of cacao in their product, which means it’s *bitter*, just like the Mayans preferred.
 - We’ll be learning more about the Mayans and their special relationship with cacao.

Mindful Eating: (10 mins)

Sample some chocolate made with real cacao. As mentioned, this is closer to what the Mayan's referred to as "*Food of the Gods*" than the chocolate we're used to. Actually, the Mayans would have preferred to grind their cacao up with spices and water to create a frothy, bitter drink.

Sample 2 different flavours and compare them using the tasting graphs provided.

***DOUBLE CHECK FOR ALLERGIES* and don't take risks**

1. Get into a comfortable position.
2. Notice the weight of a piece of chocolate in your hand.
3. Observe the shape and color.
4. Close your eyes (to avoid influencing other people's experience). Do not speak during this activity!
5. Bring the chocolate up to your nose, and inhale deeply. Notice what thoughts come in your mind as you do this. Let the thoughts come and go.
6. Place the chocolate in your mouth. Place on top of your tongue and allow your body heat to slowly melt the chocolate.
7. Try to keep it there as long as possible to investigate the different layers of flavour that are released. How do they change over time?
8. Note the texture as it coats your mouth. Is it Rich? Smooth? Rough? Grainy?
9. Slowly, swallow.
10. Mark your thoughts on the tasting graph and repeat the process with a different flavour.

Ancient Cacao Trading Game: (10 mins)

We're going to be reenacting an ancient Mayan society. The Mayans actually valued cacao seeds so highly, they used them as currency (money)! Only the very wealthy or important members of society (like rulers, priests, warriors) could afford to drink the beverage made from cacao seeds. It was considered to be the “*drink of the gods*” and was treated as a “cure-all” medicine. Cacao was a really important part of their society, being used in ceremonies, given as gifts and incorporated into their mythologies.

The ancient Mayan society was able to use their natural environment (hot, wet, shady rainforests) to meet their needs by growing cacao and trading with other societies such as the Aztecs, who couldn't grow their own cacao so high up in the mountains.

1. Separate the group into the following status hierarchy by giving them their name tags:

- 1 x Hereditary Ruler or King (“ajaw”)
- 3 x Mayan of high status in society – educated noble, architect and warrior
- 4 x Mayan of middle status in society - merchant, artist, scribe and craftsman
- 7 x Mayan of lower status in society – 4 farmers and 3 commoners (extra commoners if its a large group)

2. Distribute the “cacao beans” (red kidney beans) and “goods” to each player:

Role	Beans to start	Goods to trade
Hereditary Ruler	30 beans	nil
High status Mayans	20 beans	Precious Stones
Middle status Mayans	10 beans	Meat, Chocolate, Clothing, Specialty Items
Lower status Mayans	5 beans	Spices & Flavourings, Produce
<u>Cost of Goods:</u> 1 bean – Spices & Flavourings: <i>salt, honey, seeds, chilies</i> 2 beans – Produce: <i>corn, beans, squash, avocado, papaya, guava</i> 8 beans – Meat & Chocolate: <i>dried fish, smoked venison, duck, turkey, rabbit, chocolate</i> 10 beans – Clothing: <i>cotton breechcloth, sleeveless shirt or simple wrap-around skirt, sandals</i> 15 beans – Specialty Items: <i>quetzal feathers, seashells, elaborate polychrome pottery, embroidered clothing</i> 20 beans – Precious Stones: <i>jade, amber, turquoise</i>		

The cost of each item will be displayed using the ancient Mayan numbering system.

How to Play the Game:

Round One – Free For All

1. Round one can be played out with *no specific rules*. Only that they need to try and get what they need to survive: some food, some clothing and depending who you are, maybe something special to sell later... all in two minutes of buying/selling/bartering.

Round Two – Tax Time

2. Round two can begin *with a fee*. It's tax time and everyone in the middle and lower class has to give one of their beans to the ruler before they can begin.

Round Three – Diseased Crop (if you have time)

3. Round three begins with a sudden outbreak of “Black Pod” – a kind of fungus like microorganism that spoils the cacao seeds. Every player has to forfeit two of their beans before playing.

Finishing Up:

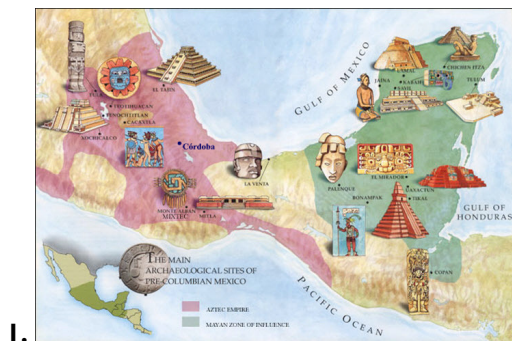
Wrap-up by asking the students how they think the ancient Mayan society may have influenced modern society...

- Cultivation, harvesting and processing of cacao >> chocolate



Serving Suggestions:

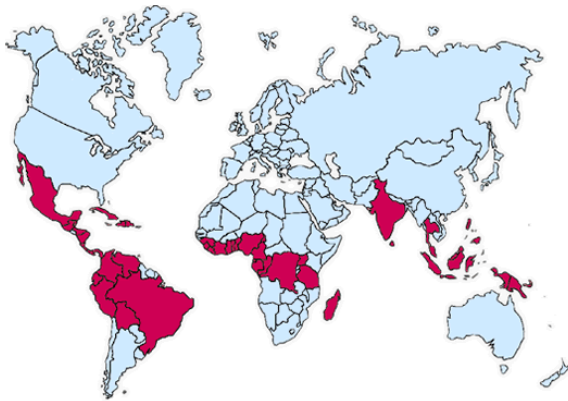
Maps of Ancient Aztec and Mayan Societies:



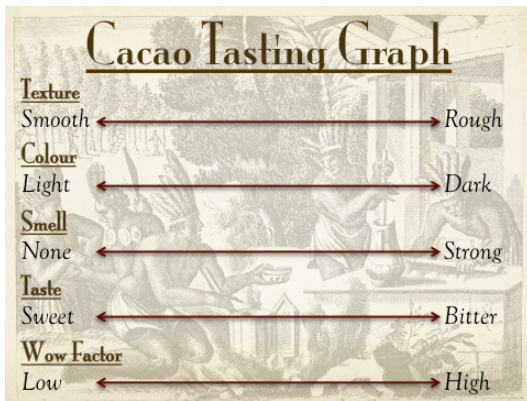
1. http://jingreed.typepad.com/jingreeds_musings_from_th/mexico/
2. http://www.wadsworth.com/religion_d/special_features/popups/maps/matthews_world/content/map_23.html

Map of Cacao-producing countries:

http://www.sweetriot.com/cacaofun/cacao_map.php



Cacao tasting graphs:

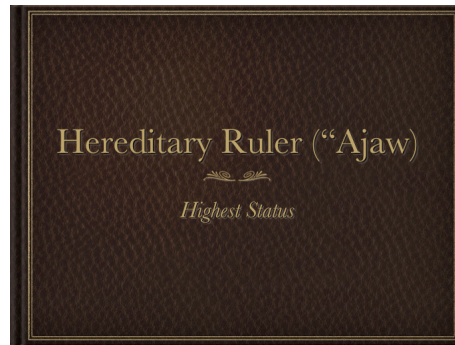


Ancient Mayan Numbering System:

<http://www.archimedes-lab.org/numeral2.html>

0 	1 •	2 ••	3 •••	4 ••••
5 	6 • 	7 •• 	8 ••• 	9 ••••
10 	11 • 	12 •• 	13 ••• 	14 ••••
15 	16 • 	17 •• 	18 ••• 	19 ••••
20 	21 •	22 ••	23 •••	24 ••••

Trading Game Name Tags: (example)



Trading Game Cards: (example)



Cacao tree, pod & seed photos



Cacao tree with pods at varying stages of ripening

Cacao pod with white seeds
(30-50 per pod)



Dried & roasted cacao seeds