

It was Valentine's day yesterday. Did you get or give any chocolates? My daughter made me a beautiful chocolate cake. Well, my wife made the cake bit and my daughter decorated it with chocolate cream and bits of colored chocolate. It was beautiful and it tasted amazing. I bought my wife some flowers because it was my 14<sup>th</sup> wedding anniversary. You'd be surprised, but I didn't spend much money on the flowers. My wife gets angry if I buy expensive flowers. I think she was happy. I have to save some money for White Day to buy them some chocolate.

### Something You Don't Know (Valentine's Day)

1. Valentine's Day is named for Saint Valentine, a Roman priest<sup>1</sup>. He was killed in 270 AD.
2. Approximately<sup>2</sup> 1,000,000,000 Valentines cards are sent every year.
3. Teachers receive a lot of these cards.
4. Hallmark (a card company) has over 2000 different Valentine's cards.
5. The oldest surviving<sup>3</sup> Valentine's card was sent in 1415 by the Duke<sup>4</sup> of Orleans to his wife.
6. Valentine's Day became connected with love in about 1300. People in Europe thought that was the day that birds started their mating season<sup>5</sup>.
7. King Charles II of Sweden introduced the idea of giving roses on Valentine's Day to Europe. He travelled to Persia<sup>6</sup> and heard about the "language of flowers<sup>7</sup>". He brought everything he had learned back to Europe and started many flower traditions.

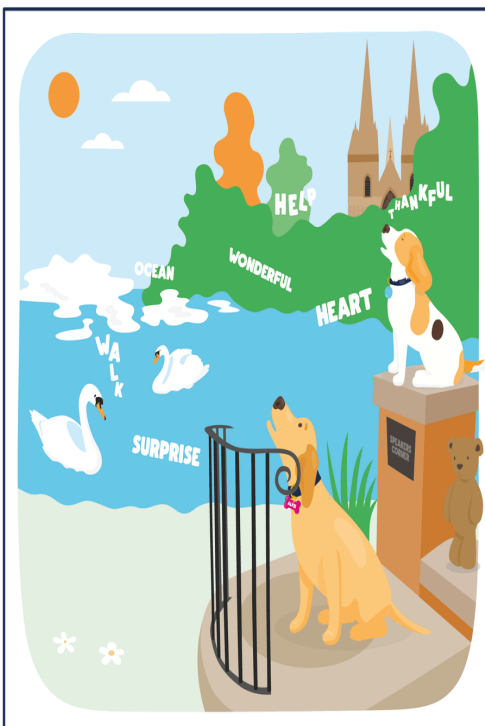
### Valentine Chocolate Sales Will Drop

Chocolate makers across Japan announced last week that they thought chocolate sales this year would be much lower than last year. There are two main reasons for this. Firstly, the corona virus has made a lot of people work from home. That means they are not going to give chocolates to their coworkers, and they are also less likely to go shopping. The second reason is that people are giving up on the idea of "giri" chocolate. "Giri" means "compulsory" or "courtesy". It is a tradition in Japan where people are



obliged<sup>8</sup> to give chocolates to the people they work with. Students have to give chocolates to all of their teachers and the other students in their class. This means that people spend a lot of money on chocolate or stay up very late at night making snacks. The Chocolate companies want people to carry on buying chocolate, but people are moving away from this tradition. It is especially unfair<sup>9</sup> because more women are expected to do this than men.

A lot of people have decided that they don't want to do this. The tradition started to change before the corona virus. This year people are afraid to exchange chocolates and to go shopping. This is a double whammy<sup>10</sup> for shops. The chocolate companies think they will lose about 20% of last year's profits, but it might even be more than that. Interestingly, the sale of international chocolate has increased because more people are shopping online.



Can you find the differences? There are 10 this week.

### Last week's answer



- 1.Priest 神父 2.Approximately 大体 3.Suriving 残っている 4.Duke 公爵 5.Mating season 発情期 6.Persia イランの旧称 7.Language of Flowers 花の言葉 8. Obligated する義務がある 9. Unfair 不公平 10.Double whammy 二重苦



### World Records

My daughter likes to skip. I do too. I skipped for five minutes the other day and I was exhausted<sup>1</sup>. How long can you skip for? The world record for "most jumps over a rope in 24 hours" is 168,394! That's insane<sup>2</sup>. How can anybody skip that many times consecutively<sup>3</sup>? Well, Sella Rega can, and did. She practiced and trained for two years before the event. She beat the previous record after 19 hours and carried on to set a new record. She is 23 years old is at university in America. She became interested in fitness when she was small. I think we could beat this record if all of us skipped and we added together the total of our skips. I'm not sure that is allowed though.



**Don't let yesterday take up too much of today.**

## Something interesting

Do you know where chocolate came from? Chocolate wasn't always eaten. It used to be a drink. People started drinking cacao in Mexico, about 4000 years ago. Cacao is very bitter<sup>4</sup>, so they added honey, vanilla and chile pepper<sup>5</sup>. It is a very healthy drink. Cacao beans were rare and the Aztec tribe used them as a form of currency<sup>6</sup>. One avocado was worth three cacao beans. Then, the Spanish invaded central America and grew to like this bitter drink. They took it back to Spain. It wasn't very popular there, until somebody realized that you could add sugar to it. When it was sweetened<sup>7</sup>, it became very popular. By 1602, the chocolate drink had become popular all over Europe. The rising demand<sup>8</sup> was met<sup>9</sup> by increasing the number of slaves<sup>10</sup> used on chocolate plantations. Chocolate was still only a drink, but three important people had a big impact and made the chocolate we eat today. The first was Coenraad von Houten. He came up with a way to make cacao butter from the fat of the cacao bean. This was less bitter. In 1847, Joseph Fry made solid<sup>11</sup> chocolate by mixing sugar, cacao powder and melted cacao butter. The last invention was by Henri Nestle. He came up with a way to make powdered milk, that was then mixed with Fry's chocolate. These three men are responsible for the chocolate that we enjoy today. They are also responsible for the fact that chocolate is no longer healthy. Cacao is very good for people. However, the powdered milk, fat and sugar added to most chocolate is not healthy. If you want to see what cacao tastes like, buy some 90% cacao chocolate. It is very hard to eat. Do you know where chocolate came from?



Cacao

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- 1.Exhausted 疲れたる 2.Insane おかしい 3.Consecutively 連続 4.Bitter 苦い 5.Chile pepper 唐辛子 6.Currency 通貨 7.Sweetened 甘くする 8.Demand 要求 9.Meet demand 要求を満たす 10.Slave どれい 11.Solid 固体