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英国华威大学 (University of Warwick) 科学家找到一种方法，可以把巧克力的脂肪含量减少一半但“口感”不变。

BBC 记者 Jason Palmer 报道：

Here's the problem with chocolate - what makes it **velvety** and smooth in the mouth is exactly what ends up elsewhere - fat.

Low-fat versions disappoint because it's difficult to replace the tiny **globules** of fat with anything else that **dispersed** within the chocolate and maintains its texture.

The trick, it seems, is to use **agar** - a widely available **gelling agent**. Thoroughly blended bits of it, the researchers say, act as tiny **sponges** that soak up any liquid - fruit juice, plain water, even alcohol.

Stefan Bon, who led the research, said that the method opens up whole new markets for chocolate, and that **additives** such as fruit juice could further increase chocolate's health **credentials**.

Stefan Bon:

"It would both lower fat content and sugar content, so for people who have a **craving** and want to just down a bar of 200g, you take half the amount of fat in, so it's great."

But for the less **health-conscious**, students in the group have made a chocolate bar containing four **shots** of vodka.

## Questions

1. What is it in chocolate that gives it a smooth texture?
2. What do scientists replace fat with in the new chocolate?
3. Aside from reducing the fat, how can this kind of chocolate be made even more healthy?
4. Which word means a small amount of alcohol?

## Vocabulary and definitions

<b>velvety</b>	天鹅绒般的
<b>globules</b>	小球体
<b>disperses</b>	分散
<b>agar</b>	琼脂
<b>gelling agent</b>	胶凝剂
<b>sponges</b>	海绵
<b>additives</b>	添加剂
<b>credentials</b>	资格
<b>craving</b>	强烈欲望
<b>health-conscious</b>	有健康意识
<b>shots</b>	一口酒

## Answers to the questions

1. What is it in chocolate that gives it a smooth texture?

**Answer:** Fat

2. What do scientists replace fat with in the new chocolate?

**Answer:** Agar

3. Aside from reducing the fat, how can this kind of chocolate be made even more healthy?

**Answer:** This kind of chocolate's health credentials can be boosted by using additives like fruit juice.

4. Which word means a small amount of alcohol?

**Answer:** Shot