

Discussion Questions***Topic Talk***

1. Define the following words: *guilty pleasure*, *intake*, *cardiovascular*, *favourable*
2. Who were compared in the study?
3. Discuss the discovery of the study.
4. What is the most popular health benefit of dark chocolate?
5. What were the other associated benefits of eating more chocolate?

Discussion Questions*Express Your Thoughts*

1. What springs into your mind when you hear the word “chocolate”?
2. Do you include chocolate in your healthy eating habit?
Why? Why not?
3. Do you agree with the discovery about the dark chocolate?
Why? Why not?
4. Do you have guilty pleasures?
5. How do you keep yourself healthy?