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1150706 社會人士中翻英短文翻譯題目

巧克力後來被帶到歐洲，歐洲人在巧克力中加入了糖。然而，直到十八世紀熱巧克力才成為受歡迎的飲品，那時有比較多的人買得起。研究發現吃少量的巧克力有助於預防心臟問題和提升大腦功能。巧克力也可以讓你開心。事實上，吃巧克力釋放到大腦中的安多酚(endorphins)比接吻多！如果你想要從巧克力中獲得最大的健康益處，一定要選擇黑巧克力。巧克力越黑，可可(cocoa)含量就越多。這很重要，因為可可豆富含抗氧化劑和礦物質。相較之下，牛奶巧克力中加入了更多的牛奶和糖，這使它含有更高的脂肪和卡路里。

使某人開心 cheer someone up

釋放 release

抗氧化劑 antioxidant

礦物質 mineral

脂肪 fat

卡路里 calorie



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Chocolate was later brought to Europe, where people added sugar to it. However, hot chocolate didn't become a popular drink until the 18th century, when more people could afford to buy it. Studies have found that eating small amounts of chocolate can help prevent heart problems and improve brain function. Chocolate can also help cheer you up. In fact, eating chocolate causes a bigger release of endorphins into the brain than kissing does! If you want to get the most health benefits out of your chocolate, be sure to choose dark chocolate. The darker the chocolate, the more cocoa it contains. This is important, since cacao beans are full of antioxidants and minerals. By comparison, milk chocolate has more milk and sugar added to it, which makes it higher in fat and calories.