

Cacao, pronounced by the Olmecs as *kakawa*,<sup>[1]</sup> dates to 1000 BC or earlier.<sup>[1]</sup> The word "chocolate" entered the English language from Spanish in about 1600.<sup>[33]</sup> The word entered Spanish from the word *chocolātl* in [Nahuatl](#), the language of the Aztecs. The origin of the Nahuatl word is uncertain, as it does not appear in any early Nahuatl source, where the word for chocolate drink is *cacahuatl*, "cacao water". It is possible that the Spaniards coined the word (perhaps in order to avoid *caca*, a vulgar Spanish word for "faeces") by combining the Yucatec Mayan word *chocol*, "hot", with the Nahuatl word *atl*, "water".<sup>[34]</sup> Another proposed etymology derives it from the word *chicolatl*, meaning "beaten drink", which may derive from the word for the frothing stick, *chicoli*.<sup>[35]</sup> The term "[chocolatier](#)", for a chocolate confection maker, is attested from 1888.<sup>[36]</sup>

Crystal	Melting temp.	Notes
I	17 °C (63 °F) Soft, crumbly, melts too easily	
II	21 °C (70 °F)	Soft, crumbly, melts too easily
III	26 °C (79 °F)	Firm, poor snap, melts too easily
IV	28 °C (82 °F)	Firm, good snap, melts too easily
V	34 °C (93 °F)	Glossy, firm, best snap, melts near body temperature (37 °C)
VI	36 °C (97 °F)	Hard, takes weeks to form

As a solid piece of chocolate, the cocoa butter fat particles are in a crystalline rigid structure that gives the chocolate its solid appearance. Once heated, the crystals of the polymorphic cocoa butter are able to break apart from the rigid structure and allow the chocolate to obtain a more fluid consistency as the temperature increases – the melting process. When the heat is removed, the cocoa butter crystals become rigid again and come closer together, allowing the chocolate to solidify.<sup>[69]</sup>

The temperature in which the crystals obtain enough energy to break apart from their rigid conformation would depend on the milk fat content in the chocolate and the shape of the fat molecules, as well as the form of the cocoa butter fat. Chocolate with a higher fat content will melt at a lower temperature.<sup>[70]</sup>

Making chocolate considered "good" is about forming as many type V crystals as possible. This provides the best appearance and texture and creates the most stable crystals, so the texture and appearance will not degrade over time. To accomplish this, the temperature is carefully manipulated during the crystallization