



**CACAO**  
INSIGHTS

BARISTA TRAINING COURSE

PLAN

# SUMMARY

---

## LEVEL 1: FOUNDATIONS

### *THEORY*

#### 01. CONTEXTUAL SETTING

#### 02. INTRODUCTION TO ORIGIN CACAO

- \* A. History and Origins
- \* B. Differences VS Mass Products
- \* C. What is Origin Cacao
- \* D. What is a Cacao Drink

#### 03. INTERESTS & SPECIFICITIES

- \* A. Health Benefits
- \* B. Neuroactive Effects
- \* C. Different Relation to the Beverage
- \* D. Opportunities for Coffee Shops

### *PRACTICE*

#### 01. BASIS

- \* Introduction to Sensory Tasting
- \* The Flavor Wheel of Cacao
- \* Preparation Method

#### 02. CUPPING

- \* 3 Single-farm Origin Cacaos
- \* 2 Flawed Samples
- \* Profiling & Evaluation
- \* Connections to Theory

# SUMMARY

## LEVEL 2: ADVANCED

### *THEORY*

#### 01. BOTANY & DIVERSITY

- \* A. It Starts From a Tree
- \* B. Genetic Diversity
- \* C. The Impact of Terroir

#### 02. PROCESS & INTRICACIES

- \* A. From Tree to Post-Harvest
- \* B. From Bean to Cup

#### 03. ETHICS & CHALLENGES

- \* A. Colonization: the Root of the Problem
- \* B. Bad Ethics in the Industry
- \* C. How to Rebuild a Virtuous Cycle

#### 04. NAVIGATING THE MARKET

- \* A. Designations and Their Meanings
- \* B. Different Production Scales
- \* C. Transparency & Traceability

### *PRACTICE*

#### 01. CUPPING

- \* 6 High-Grade Origin Cacaos
- \* Intensities and Complexities
- \* Profiling and Evaluation
- \* Connections to theory

#### 02. ANCIENT & CONTEMPORARY RECIPES

- \* Presentation and Preparation of 2 Ancient Recipes
- \* Presentation and Preparation of 2 Modern Recipes