



## HEALTHY STAPLES

Fill the gaps with the words below.

room pantry bulk canned oatmeal  
shelf smoothies fiber array dried

1. Beans and lentils are amongst the healthiest foods you can eat. Moreover, dried and \_\_\_\_\_ beans and lentils have very long \_\_\_\_\_ lives, making them a top non-perishable food choice to keep in your kitchen. In fact, canned beans can be stored in the \_\_\_\_\_ at room temperature (20°C) for 2–5 years, while \_\_\_\_\_ beans can last ten or more years.
2. Nuts and seeds are nutritional powerhouses, providing healthy fats, filling protein, fiber, and an \_\_\_\_\_ of vitamins and minerals. Depending on the type, nuts and seeds can be kept at \_\_\_\_\_ temperature for 1–4 months, making them a smart ingredient to store in your pantry. Nuts and seeds can be used in many dishes, including \_\_\_\_\_, yogurt, trail mix, and salads. Nut and seed butter make excellent additions to \_\_\_\_\_ and can be added to sauces or spread onto fruits or veggies for a quick, satisfying snack.
3. Depending on the type, grains like spelt, brown rice, amaranth, bulgur, oats, and quinoa can be kept safely at room temperature for months to years, making them a smart choice to buy in \_\_\_\_\_. These grains are excellent sources of \_\_\_\_\_ and micronutrients, including B vitamins, manganese, and magnesium, and eating them may help protect against conditions like heart disease and certain cancers.

Source: [healthline.com](https://www.healthline.com)

15 Healthy Staples You Should Always Have on Hand  
<https://www.healthline.com/nutrition/healthy-staples>

1. What do you always have in your pantry? \_\_\_\_\_
2. How often do you eat lentils? \_\_\_\_\_
3. What is your favorite breakfast cereal? \_\_\_\_\_
4. Do you buy/make smoothies? \_\_\_\_\_
5. Do you use a rice cooker to cook your rice? \_\_\_\_\_
6. At what age is it OK for children to start eating French Fries? \_\_\_\_\_
7. What is/was lunch like at your school/university? \_\_\_\_\_
8. Do potatoes ever get boring? \_\_\_\_\_

# Teacher's Key

## Healthy Staples

1. Beans and lentils are amongst the healthiest foods you can eat. Moreover, dried and **canned** beans and lentils have very long **shelf** lives, making them a top non-perishable food choice to keep in your kitchen. In fact, canned beans can be stored in the **pantry** at room temperature (20°C) for 2–5 years, while **dried** beans can last ten or more years.
2. Nuts and seeds are nutritional powerhouses, providing healthy fats, filling protein, fiber, and an **array** of vitamins and minerals. Depending on the type, nuts and seeds can be kept at **room** temperature for 1–4 months, making them a smart ingredient to store in your pantry. Nuts and seeds can be used in many dishes, including **oatmeal**, yogurt, trail mix, and salads. Nut and seed butter make excellent additions to **smoothies** and can be added to sauces or spread onto fruits or veggies for a quick, satisfying snack.
3. Depending on the type, grains like spelt, brown rice, amaranth, bulgur, oats, and quinoa can be kept safely at room temperature for months to years, making them a smart choice to buy in **bulk**. Plus, these grains are excellent sources of **fiber** and micronutrients, including B vitamins, manganese, and magnesium, and eating them may help protect against conditions like heart disease and certain cancers.

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## Follow-up & Discussion Questions

1. What do you always have in your pantry?
2. How often do you eat lentils?
3. What is your favorite breakfast cereal?
4. Do you buy/make smoothies?
5. Do you use a rice cooker to cook your rice?
6. At what age is it OK for children to start eating French Fries?
7. What is/was lunch like at your school/university?
8. Do potatoes ever get boring?