



STAPLE FOOD

Create Your Grocery List

You're going shopping for staple foods. Create a list of 10 essential items using the vocabulary below.

Staple Food Vocabulary Bank:

- Grains: rice, bread, pasta, oats
- Proteins: chicken, beef, tofu, lentils
- Fruits: apples, bananas, oranges
- Vegetables: carrots, broccoli, lettuce
- Dairy: milk, cheese, yogurt
- Pantry: oil, sugar, salt

Example:

Rice (2 kg)

Whole wheat bread

Chicken breast

Carrots (1 bunch)

Oatmeal

Canned tomatoes

Almond milk

Quinoa

Apples (4)

Olive oil

Grocery List	Quantity	Budget
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____

Share and compare your lists in pairs or small groups.