



# STAPLE FOOD

## Words You Should Know

sandwich	toast	bread	wheat
noodles	pasta	maize	porridge
dumpling	rice	potato	oatmeal
legumes	chips	lentils	hamburger
chicken	staple	quinoa	soya beans

Fill in the blanks with the words in the block.

legumes	soya beans	toast	wheat	oatmeal	noodles
quinoa	maize	porridge	dumpling	lentils	hamburgers

Complete the sentences with the correct staple food vocabulary.

1. In Asia, \_\_\_\_\_ (soya beans/legumes/lentils) are a common source of protein.
2. For breakfast, I like to eat \_\_\_\_\_ (oatmeal/porridge/toast) with fruit.
3. \_\_\_\_\_ (wheat/maize/quinoa) is a staple grain in many parts of the world.
4. Japanese people often eat \_\_\_\_\_ (noodles/dumplings/sushi) for lunch.
5. \_\_\_\_\_ (quinoa/lentils/soya beans) is a complete protein and a healthy food option.
6. In some African countries, \_\_\_\_\_ (maize/wheat/rice) is a staple food.
7. \_\_\_\_\_ (toast/oatmeal/porridge) and jam is a popular breakfast option.
8. \_\_\_\_\_ (legumes/lentils/soya beans) are rich in fiber and nutrients.
9. Chinese people often eat \_\_\_\_\_ (dumplings/noodles/spring rolls) as snacks.
10. \_\_\_\_\_ (lentils/soya beans/quinoa) are a good source of plant-based protein.
11. Many people start their day with a bowl of \_\_\_\_\_ (oatmeal/porridge/cereal).
12. Fast food restaurants often serve \_\_\_\_\_ (hamburgers/pizza/sandwiches) made with wheat buns.

## Teacher's Key

Fill in the blanks with the words in the block.

legumes	soya beans	toast	wheat	oatmeal	noodles
quinoa	maize	porridge	dumplings	lentils	hamburger

Complete the sentences with the correct staple food vocabulary.

1. In Asia, **soya beans** (soya beans/legumes/lentils) are a common source of protein.
2. For breakfast, I like to eat **oatmeal** (oatmeal/porridge/toast) with fruit.
3. **Wheat** (wheat/maize/quinoa) is a staple grain in many parts of the world.
4. Japanese people often eat **noodles** (noodles/dumplings/sushi) for lunch.
5. **Quinoa** (quinoa/lentils/soya beans) is a complete protein and a healthy food option.
6. In some African countries, **maize** (maize/wheat/rice) is a staple food.
7. **Toast** (toast/oatmeal/porridge) and jam is a popular breakfast option.
8. **Legumes** (legumes/lentils/soya beans) are rich in fiber and nutrients.
9. Chinese people often eat **dumplings** (dumplings/noodles/spring rolls) as snacks.
10. **Lentils** (lentils/soya beans/quinoa) are a good source of plant-based protein.
11. Many people start their day with a bowl of **oatmeal** (oatmeal/porridge/cereal).
12. Fast food restaurants often serve **hamburgers** (hamburgers/pizza/sandwiches) made with wheat buns.