



STAPLE FOOD

A. Staple Foods: Comparatives and Superlatives Worksheet

Complete each sentence with the correct comparative or superlative form of the adjective and decide whether the noun is countable or uncountable.

1. Rice is one of the (popular) _____ staple foods worldwide, especially in Asia.
2. Bread is often (cheap) _____ than pasta in many countries.
3. Potatoes are (versatile) _____ than most vegetables in cooking.
4. Corn is among the (widely grown) _____ crops globally.
5. Wheat is usually (expensive) _____ than rice in developing countries.
6. In terms of calories, pasta provides (much) _____ energy than most other grains.
7. Lentils are one of the (nutritious) _____ staple foods you can find.
8. In colder climates, potatoes are (common) _____ than rice.
9. Oats are considered (healthy) _____ than other grains for breakfast.
10. Milk is (important) _____ for many cultures, but rice is the main staple for many more people.
11. In recent years, quinoa has become (popular) _____ as a healthy alternative to rice.
12. Among all staple foods, bread is one of the (widely eaten) _____ items globally.

B. Ask & Answer

Work with a partner. Ask and answer the following questions.

1. Why do people in some places eat a lot of rice?
2. What staple food do people eat most in your country?
3. Which do you think is healthier: rice or bread? Why?
4. Is bread or pasta more popular in your country?
5. Why do you think some people eat potatoes more than rice?
6. Which is easier to cook: pasta or rice?
7. What do you like to eat with bread?
8. Do you think rice or potatoes give more energy?
9. Which is more expensive in your country: bread or pasta?
10. What foods do you think are healthy for breakfast?
11. What is the most common food people eat in your home?
12. Do you like sweet potatoes? How are they different from regular potatoes?

Teacher's Key

1. **most popular**; rice - uncountable
2. **cheaper**; bread - uncountable, pasta - uncountable
3. **more versatile**; potatoes - countable
4. **most widely grown**; corn - uncountable
5. **more expensive**; wheat - uncountable, rice - uncountable
6. **more**; pasta - uncountable, grains - countable
7. **most nutritious**; lentils - countable
8. **more common**; potatoes - countable, rice - uncountable
9. **healthier**; oats - uncountable, grains - countable
10. **more important**; milk - uncountable, rice - uncountable
11. **more popular**; quinoa - uncountable, rice - uncountable
12. **most widely eaten**; bread - uncountable