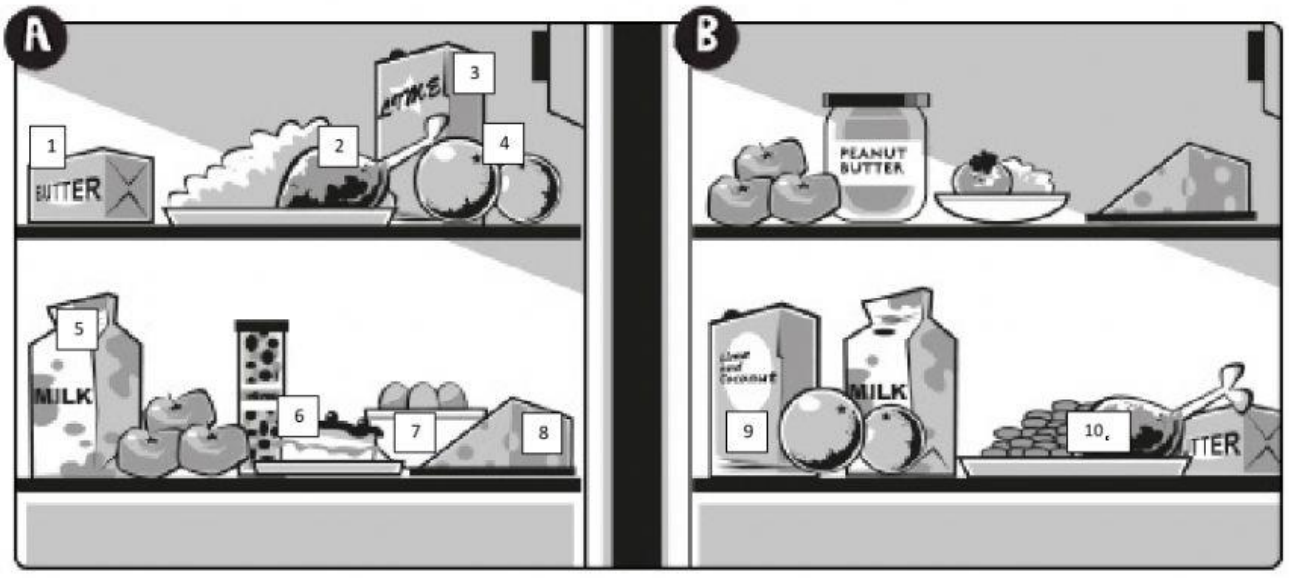
Complete the questions with *Is there any* or *Are there any*. Then look and write short answers.



1. _____ rice? _____
2. _____ olives? _____
3. _____ citrus fruits? _____
4. _____ flour? _____

Look and write sentences comparing the cupboards A and B.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

LIVEWORKSHEETS

Read and write T (true) or F (False)

Jamaica

This week, our featured country is the island nation of Jamaica, in the beautiful Caribbean Sea.

Jamaica's tropical climate is perfect for growing fruits and vegetables. It exports bananas, coconuts, citrus fruits, pineapples, sweet potatoes and plantains. However, its two main export items are sugar and coffee. Coffee sales alone bring $12 million into the country every year.

When Christopher Columbus landed in 1494, he claimed the island for Spain and named it Santiago. In 1655, the island became a British colony and was renamed Jamaica. In 1962, Jamaica finally gained independence.

Jamaica has a population of around 3 million. Most Jamaicans, almost 1 million, live in the capital city, Kingston.

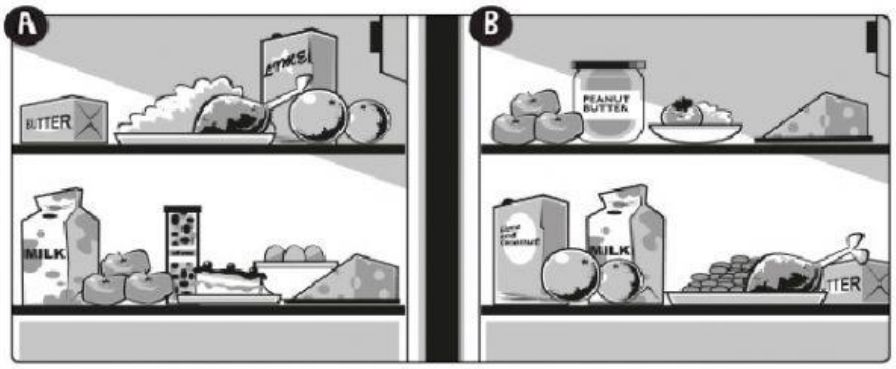
Just as Jamaica achieved independence, a group of Jamaican musicians from Kingston were developing a new style of music called reggae. Soon it was famous all over the world, thanks to reggae stars like Bob Marley.

These days, Jamaica's most famous names are those of Olympic runners, like Usain Bolt, Yohan Blake and Shelly-Ann Fraser-Pryce.

1. Jamaica is in the Caribbean. T
2. The weather in Jamaica is good for growing things. ☐
3. The biggest exports are bananas and coconuts. ☐
4. Christopher Columbus named the island 'Jamaica'. ☐
5. Jamaica was a British colony for over 300 years. ☐
6. Three million people live in the capital. ☐
7. Reggae music started in Jamaica. ☐
8. Bob Marley was a politician. ☐
9. The most famous Jamaicans today are athletes. ☐

LIVEWORKSHEETS

Write questions. Look and answer.



In fridge **A**:

1. butter

   Is there any butter?

   Yes, there is.

2. beans

3. olives

In fridge **B**:

4. milk

5. citrus fruits

6. honey

LIVEWORKSHEETS

Read and Write

Nutmeg

Jamaica is famous (1) for its spices but perhaps the best one of all is nutmeg. It has a sweet smell and is used in drinks and desserts. We also (2) _____ it in baked dishes and vegetable dishes, but there is so much more to nutmeg. The oils in it are very (3) _____ for your health. For example, when you are feeling (4) _____, nutmeg can make you feel happier; when you (5) _____ a stomach ache, nutmeg can make it better; when you have a toothache, nutmeg will ease the pain. It really does have all these health benefits. Nutmeg (6) _____ used in toothpaste to make your (7) _____ clean and white. Next (8) _____ you are feeling tired or unwell, try this recipe for carrot juice (9) _____ nutmeg, and you'll feel (10) _____ fast!

Ingredients

1 kg of carrots
1 litre of water
1 teaspoon of nutmeg
½ teaspoon of cinnamon
½ teaspoon of vanilla
70 ml of coconut milk

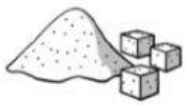
Instructions

1. Blend the carrots and the water.
2. Strain the juice into a bowl.
3. Throw away the solid carrot mixture.
4. Mix all the other ingredients into the carrot juice.
5. Drink, and feel great!

LIVEWORKSHEETS

Read, look and match.

a. 

b. 

c. 

d. 

e. 

f. 

g. 

h. 

i. 

j. 

Lucia: Lamar, Eva and I don't know the names in English of some types of food. Can you help us, please?

Lamar: Of course! Tell me.

Lucia: They're orange, yellow and green. They've got lots of vitamin C. What are they?

Lamar: They're (1) h .

Ana: Ah, yes. And this comes from bees. It's very sweet. You can eat it on bread.

Lamar: Yes, that's called (2)_____.

Lucia: Thanks. They come from tall trees. They're brown and hard. They've got liquid inside. What are they?

LIVEWORKSHEETS

Lamar: My favourite food! They're (3) _____.

Lucia: Oh, it's your favourite food? OK, another one. It's a type of cereal. It's a very important ingredient in Chinese and Indian food, and in paella. What is it?

Lamar: It's (4)_____.

Ana: Of course! They can be green, red, black or white. We use them in lots of recipes. They're very healthy. What are they?

Lamar: I like them in my rice. They're (5)_____.

Ana: Oh, yes. It's very sweet. A lot of people put it into hot drinks. You use it when you make a cake. What is it?

Lamar: It's (6)_____.

Lucia: Thanks. They help food taste more interesting. They can be a lot of different colours and tastes. They are popular in Jamaican and Indian cooking.

Lamar: Yes, you're talking about (7) _____.

Ana: Aha! I see! It's white, and a little bit of it makes food taste better. You put it on the table.

Lamar: Sure. It's (8)_____.

Ana: Oh, yes. I think I knew that. What's the dark brown drink made from a type of bean? A lot of people drink it in the morning.

Lamar: You know that, don't you? It's (9)_____.

Ana: I know. I was joking! OK, I've got one for you from our country. They can be green or black. They taste salty. They don't grow in Jamaica. What are they?

Lamar: I know this! They don't grow here, but you can buy them.
They're (10)_____.

Ana: Very good!

LIVEWORKSHEETS