PEANUTS

Peanuts were first **grown** more than 7,000 years ago in South America. Since then, peanuts have appeared all **1.** _____ the world. In the late 16th century, the Spanish took peanuts back to Spain from America, then the Dutch took them to Asia. Peanuts were **2.** _____ to South America on ships in the early 18th century.

In the past, people used peanuts to feed their animals **3.** _____ they were cheap and nutritious. Peanuts are a rich source of protein, as well as both vitamins B and E. **4.** _____ the early 1900s, machines were invented to plant and harvest peanuts. Since then, the American production of peanuts has grown **5.** _____ than before.

Today, peanuts are an important part of everyone's diet. Peanuts **6.** _____ important ingredients in various cuisines worldwide. For example, they are used in Indonesia **7.** _____ dipping sauce for **8.** _____ meat and fish. In West African countries, peanuts are put in soups and cakes. Peanuts are also eaten as a snack **9.** _____ the day and they are often **10.** _____ by travellers.

THE RIVER NILE

The River Nile is the **most** important river in Africa. **1.** _____ people think of the Nile, people often think of Egypt, but it actually flows through 11 different countries. In the past, people thought the Nile was the **2.** _____ river in the world, but the Amazon River in South America is **3.** _____.

In the past, the Nile was the highway of Egypt. People travelled up and **4.** _____ the Nile in boats, while ships **5.** _____ food on it. People along the Nile needed it for water, food and land to farm on. Many crops were **6.** _____ along the Nile River. Wheat was the **7.** _____ important crop and was grown to make bread and beer. Farmers also grew peas, beans and **8.** _____ such as watermelons.

But how could people farm on dry land? The answer is that the River Nile flooded **9.** _____ August! When it flooded, the soil carried nutrients in the water and the nutrients then spread across the river banks. This is **10.** _____ perfect condition for growing crops.

LIVEWORKSHEETS

One of the most popular foods of all **time** is chocolate. Nowadays, people consume chocolate in many different forms. Some **1** _____ chocolate cakes, whilst some drink hot chocolate.

Chocolate is made from lots of different ingredients, but the main ingredient **2** _____ cacao beans. Cacao beans go through a long journey before they arrive at stores and supermarkets all **3** _____ the world. They come from cacao trees, whose name means "food of the gods". Most cacao trees are grown in places with hot and humid weather, like Africa.

The story of cacao beans started thousands of years **4** _____ in Mexico. The Maya were the first people to eat cacao beans. They **5** _____ cacao beans from wild trees, then they used the beans to make food and drink. The beans were also very valuable that people even used **6** _____ as a form of money. With 10 beans, you **7** _____ exchange them for a rabbit. With 100 beans, you might even be able to **8** _____ a slave.

Until **9** _____ 16th century, the cacao tree was wholly unknown to Europeans. Christopher Columbus became the first person to bring cacao beans to Spain. In the beginning, Spanish people used it as a medicine to treat illnesses such as stomach pain. But **10** _____ a hundred years, chocolate had become very popular throughout the world.

THE AMAZING RAINBOW

Some people **don't** like the rain. They stay inside when it rains. But when the rain is starting to end and the sun starts to come out from **1** _____ the clouds, **2** _____ great happens. You can see a beautiful rainbow!

Many people think rainbows are one of nature's most special gifts. People paint them and take pictures **3** _____ them. Rainbows **4** _____ also inspired many poems, songs, and many other kinds of art. But how are rainbows **5** _____ ?

When you shine a light through water, the light is bent and reflected, like a reflection in a mirror. Similarly, when the sun shines through the rain, you see rainbows and all of **6** _____ seven amazing colours, **7** _____ are red, orange, yellow, green, blue, purple, and violet. That is **8** _____ rainbows can also be seen in fog and dew, not just after the rain.

9 _____ you want to make your own rainbow, all you need to do is stand with your back against the sun and turn on the water from your water hose about halfway between the ground and the air. You should **10** _____ a mini-rainbow right in your garden!

LIVEWORKSHEETS