1 – Choose the correct option.

- There isn't ___ sugar left in the jar. (**many – much – a little – any**)
- We have ___ cookies for the trip. (**any – a few – some**)
- How ___ rice do you need for the recipe? (**many – much – some**)
- I know ___ people in this neighborhood. (**a few – any – much**)

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2 – Complete the sentences using the comparative form.

--My sister is _____ than me. (**short**)
--Dogs are _____ than cats. (**friendly**)
--This book is _____ than the movie. (**interesting**)
--I was _____ last year during vacation. (**relaxed**)
--Science class is _____ than math class. (**easy**)
--The ocean is _____ in the summer. (**warm**)

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3 – Choose the correct option.

- He walked **slow – slowly** because he was tired.
- Maria sings **beautiful – beautifully** on stage.
- My cousin swims **good – well**, she wins competitions.
- You solved the problem very **quick – quickly**.
- They worked **hard – hardly** to finish the project.

LIVEWORKSHEETS

4 – Write the correct container.

pint – gallon – head – box – container – bunch – pounds

- Luis drinks a ___ of milk every night.
- I need a ___ of cereal.
- She bought a ___ of strawberries.
- Tom needs a ___ of grapes.
- We need a ___ of juice for everyone.
- Please buy 2 ___ of cheese.
- For the salad, I need a ___ of cabbage.

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5 – Complete with SOME or ANY

- I need ___ tomatoes. (**some / any**)
- We don't have ___ bread at home. (**any**)
- She bought ___ pencils for school. (**some**)
- They can't find ___ towels in the closet. (**any**)
- We still have ___ butter for the recipe. (**some**)

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6 – Complete with: How many – How much

_____ oranges do you need?
_____ sugar is in the bag?
_____ chairs are in the room?
_____ water do you drink daily?

LIVEWORKSHEETS

7 – Match with the correct definition

Mathematics – Biology – Geography – Literature

- The study of living organisms _____
- The study of places and physical features of the Earth _____
- To read and analyze written works _____
- To study the functions of numbers and equations _____

8 – Read the text and answer the questions

In recent years, interest in organic products has increased worldwide, and many supermarkets now dedicate entire sections to organic goods. Even though these foods often cost significantly more—sometimes nearly **three times** the price of conventionally grown items—many consumers, especially families with young children, are willing to pay extra because they believe organic choices are safer. Others, however, argue that the higher price doesn't reflect a real difference in quality.

Originally, organic food was mostly produced by small local farmers, but today the industry includes large farming corporations that ship organic products across countries and even continents. These companies also manufacture organic snacks, cereals, and drinks. What once was a niche market has grown into a global business with millions of customers.

A key feature of organic farming is its avoidance of artificial fertilizers and chemical pesticides that are commonly used to protect plants from insects and disease. To be sold as organic, foods in many regions must follow strict guidelines and receive official certification. This certification ensures that the products meet specific environmental and health standards.

Many people believe organic food is healthier and more nutritious. While some studies suggest that organic fruits and vegetables may contain higher levels of certain vitamins and antioxidants, other research shows very little difference in nutrition. Health experts emphasize that harmful bacteria—such as salmonella and E. coli—can affect both organic and non-organic foods. Because of this, washing fresh produce and practicing good hygiene when preparing meats, fish, and poultry remains essential for preventing illness.

LIVEWORKSHEETS

1. Why are some consumers willing to pay more for organic food?

A. They believe it tastes worse but is cleaner
B. They think it is healthier and safer
C. It is always fresher than non-organic food
D. It is cheaper in the long run

2. How has the organic food industry changed over time?

A. It has become smaller and more local
B. Only small farms grow organic food now
C. It expanded into a large global market
D. Organic products are no longer sold in supermarkets

3. What is required for food to be labeled organic in many regions?

A. It must be grown only in small farms
B. It needs to follow strict rules and be certified
C. It has to be grown without sunlight
D. It must be produced only within one country

4. Which statement about nutrition is mentioned?

A. Organic food is proven to cure diseases
B. Organic food always has more minerals
C. Studies give mixed results about nutrition levels
D. Non-organic food has no nutritional value

5. According to experts, what is most important for food safety?

A. Washing produce and practicing good hygiene
B. Buying only imported organic foods
C. Cooking all vegetables for two hours
D. Avoiding fruits and vegetables completely

LIVEWORKSHEETS

8 – Read the text and answer the questions

Coffee lovers may have another reason to enjoy their daily cup. A recent study suggests that people who regularly drink coffee might have a longer life expectancy than those who avoid it completely. According to researchers, moderate coffee consumption appears to lower the risk of several serious health problems, including type 2 diabetes, heart disease, and certain life-threatening conditions. The findings, reported by the American Heart Association, were based on information gathered from more than **200,000 participants**, many of whom drank between one and five cups a day. Lead researcher Dr. Frank Hu explained that moderate coffee intake may help reduce early death linked to various illnesses.

Scientists are still trying to identify exactly which components of coffee are responsible for these advantages. Coffee contains hundreds of chemical compounds, and their combined effects on the body are not yet fully understood. Numerous studies over the past decades have noted coffee's positive influence on human health, but researchers continue to analyze how the different elements inside the coffee bean interact with our systems. Dr. Hu emphasized that coffee is a "complex beverage," which makes assigning specific benefits to individual ingredients difficult. The study also excluded energy drinks and other highly caffeinated beverages. Additionally, experts warned that extras like sugar, flavored syrups, and cream do not offer the same health benefits—and may even reduce them.

Multiple-Choice Questions

1. What did the recent study suggest about regular coffee drinkers?

A. They sleep fewer hours
B. They may live longer
C. They develop more illnesses
D. They should avoid drinking more than one cup a week

2. How many people were included in the study mentioned?

A. About 20,000
B. Fewer than 100,000
C. Over 200,000
D. Millions of people

3. Why is it difficult for scientists to identify which part of coffee is beneficial?

A. Coffee does not contain any nutrients
B. Coffee beans are rare and hard to study

LIVEWORKSHEETS

C. Coffee has many compounds that work together
D. Researchers disagree on how to test coffee

4. Which drinks were NOT included in the study?
A. Herbal teas
B. Highly caffeinated energy drinks
C. Fruit juices
D. Decaffeinated coffee

5. What do experts warn about added ingredients like sugar and cream?
A. They improve the health benefits
B. They have the same benefits as coffee
C. They do not provide health benefits
D. They make coffee less tasty

LIVEWORKSHEETS