# Comparative and Superlative Forms Worksheet: Food and Nutritional Value

## Part I. Instructions: Fill in the blanks with the comparative form of the given words.

1. Brown rice is \_\_\_\_\_\_\_\_ (healthy) than white rice.

2. Apples are \_\_\_\_\_\_\_\_ (nutritious) than candy bars.

3. Grilled chicken is \_\_\_\_\_\_\_\_ (lean) than fried chicken.

4. Dark chocolate is \_\_\_\_\_\_\_\_ (beneficial) than milk chocolate.

5. Fresh vegetables are \_\_\_\_\_\_\_\_ (nutrient-rich) than processed snacks.

6. Olive oil is \_\_\_\_\_\_\_\_ (heart-healthy) than butter.

7. Whole wheat bread is \_\_\_\_\_\_\_\_ (fiber-rich) than white bread.

8. Spinach is \_\_\_\_\_\_\_\_ (nutritious) than iceberg lettuce.

9. Almonds are \_\_\_\_\_\_\_\_ (filling) than potato chips.

10. Quinoa makes you \_\_\_\_\_\_\_\_ (energetic) than white rice.

11. Broccoli is \_\_\_\_\_\_\_\_ (vitamin-rich) than cauliflower.

12. Greek yogurt is \_\_\_\_\_\_\_\_ (rich) in protein than regular yogurt.

13. Salmon is \_\_\_\_\_\_\_\_ (good) than beef.

14. Fresh fruit is \_\_\_\_\_\_\_\_ (energizing) than sugary snacks.

15. Avocados are \_\_\_\_\_\_\_\_ (creamy) than most fruits.

Bonus Questions:

16. Kale is often considered \_\_\_\_\_\_\_\_ (beneficial) to our health than spinach.

17. Tofu can be \_\_\_\_\_\_\_\_ (versatile) than chicken in vegetarian dishes.

18. Homemade meals are typically \_\_\_\_\_\_\_\_ (nutritious) than fast food.

19. Herbal teas are \_\_\_\_\_\_\_\_ (fattening) than sugary beverages.

20. Whole grains are \_\_\_\_\_\_\_\_ (filling) than refined grains.

## Part II. Fill in the blanks with the superlative form of the given words. Then write your own answers. Ask and answer the questions with your classmates.

1. What is the \_\_\_\_\_\_\_\_ (healthy) food in your opinion?
2. What is the \_\_\_\_\_\_\_\_ (delicious) food?
3. What is the \_\_\_\_\_\_\_\_ (expensive) food?
4. What is the \_\_\_\_\_\_\_\_ (sweet) thing you have ever eaten?
5. What is the \_\_\_\_\_\_\_\_ (fattening) food?
6. What is the \_\_\_\_\_\_\_\_ (spicy) thing you have ever eaten?
7. What is the \_\_\_\_\_\_\_\_ (sour) food? \*
8. What is the \_\_\_\_\_\_\_\_ (salty) food?
9. What is the\_\_\_\_\_\_\_\_ (bland) food? How can you make it \_\_\_\_\_\_\_\_ (flavorful)?
10. What is the \_\_\_\_\_\_\_\_ (comforting) food for you?