

Match the words on the left with the definitions on the right !

A	harvest	C	a breakfast food made from grain and most of the time eaten with milk
B	carbohydrate	M	it protects the inner part of the rice kernel
C	cereal	I	a farming machine that turns over the earth so that you can plant seeds
D	grain	F	areas of flat land
E	ripe	L	to make food in a way that you can package and sell it
F	plains	G	if you really need something very much
G	depend on	J	the top part of the earth on which plants can grow
H	mill	A	to gather crops from the field
I	plough	E	fully grown and ready to eat
J	soil	B	something that is in food like sugar and bread. It gives your body heat and energy
K	starch	N	to make something better
L	process	K	it gives your body energy and is found in foods like rice and potatoes
M	bran layer	D	the seeds of crops that are used as food
N	enrich	H	building with machines that crush the kernels of rice

Complete the text by filling in the correct words !

Rice is an important food crop that is grown mostly in Asia. It grows best in regions with enough rain and high temperatures, It also needs muddy soils that can hold water.

Most rice is grown in paddies in the lowlands. About one fifth of the world's rice grows on mountain terraces. 90 % of the world's production comes from Asia. China and India are the biggest rice producers.

Rice is very healthy for your body. It gives you carbohydrates and also has many vitamins. In rice mills the bran layers are removed. This gives rice a white colour and makes it easier to cook.