FOOD FOR SPORT

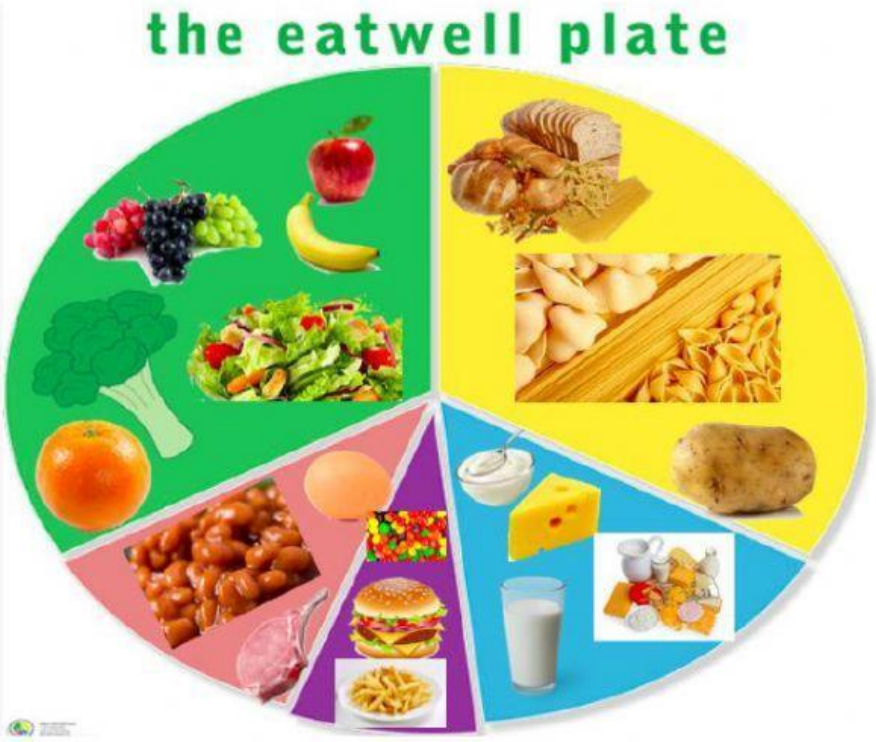
Task 1: Match the words

1. Nutrients
2. Muscle grow
3. Make muscles strong
4. Be in a good shape
5. Carbohydrates

A. делать мышцы сильными
B. Питательные вещества
C. быть в хорошей форме
D. мышцы растут
E. углероды

Task 2: True/False/Doesn't say (DS)

1 Sports help you stay fit and healthy.
2 Certain sports require certain foods.
3 Sugar and bread strengthen an athlete's muscles.
4 Eating meat helps an athlete to have energy.
5 An athlete mustn't drink any water during exercise.
6 Drinks that contain sugar can destroy your teeth.



LIVEWORKSHEETS