Food for sport

Read the text "Food for sport" and mark the sentences "True", "False" or "Doesn't say"

1. Sport help you stay fit and healthy.

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2. Certain sports require certain food.

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3. Sugar and bread strengthen an athlete's muscles.

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4. Eating meat helps an athlete to have energy.

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5. An athlete mustn't drink any water during exercise.

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6. Drinks that contain sugar can destroy your teeth.

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LIVEWORKSHEETS