

Name.....No.....

แบบทดสอบการอ่านคิดวิเคราะห์และเขียน วิชาภาษาอังกฤษ  
ชั้นมัธยมศึกษาปีที่ 3 ภาคเรียนที่ 1 ปีการศึกษา 2564 โรงเรียนบ้านคอกช้าง  
\*\*\*\*\*

**A: Use the words to write sentences about the job.**

draws picture      drives people      flies plane  
organizes holidays      prepares actor's face for the camera  
sells things

1. A make up artist.....
2. An airline pilot.....
3. A shop assistant.....
4. A bus driver.....
5. A travel agent.....
6. A graphic designer.....

**B: List the sport under the heading.**

| water | air | land |
|-------|-----|------|
|       |     |      |

bungee jumping    skateboarding    canoeing    white-water kayaking  
rock climbing    snorkelling    skydiving    mountain biking

**C: Read and answer True or False.**

# Food for Sport

Doing sports and physical activities is a great way to keep fit. It is also important to eat a healthy, balanced diet to provide your body with all the nutrients it needs.

## Eating for Sport

- We all need energy. Foods with carbohydrate such as bread, rice, pasta and potatoes are an excellent source of energy. When you eat food containing carbohydrates, your body stores the carbohydrate in your muscles. The muscles use carbohydrates as their fuel. The more you exercise, the more carbohydrates you need.
- Foods with protein such as meat, fish and milk are also a good source of energy. They help your muscles grow and repair themselves. Athletes eat a diet high in protein to keep their muscles and bones strong and in good shape.

## Drinking for Sport

When doing sports it is important to drink enough or else you get dehydrated. Avoid sugary drinks. Water is the best drink for those who exercise. Remember to:

- drink a lot of water before you start exercising.
- have a drink available during exercise.
- drink plenty of water when you have finished.



|                      |                               |
|----------------------|-------------------------------|
| 1 fruit & vegetables | 4 food & drinks high in sugar |
| 2 starchy foods      | 5 meat, fish, eggs etc        |
| 3 dairy products     |                               |

1. Sport help you stay fit and healthy.
2. Certain sport require certain food.
3. Eating meat helps an athlete to have energy.
4. Drink a lot of water after you finish exercising.
5. Sugar and bread strengthen an athlete's muscles.

\*\*\*\*\*