

Cultural Inglesa

Quilmes

Course: 6th Year

Name:

December 2020

- I. You are going to read an article in which four athletes talk about what they eat. For questions 1-10, choose from the athletes (A-D). They may be chosen more than once.

Which athlete...

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| • Enjoys cooking but finds the planning difficult? | • Has seen a change in the diet of sports people? |
| • Has to carry food with him when training? | • Once made the wrong decision about the food he ate? |
| • Doesn't find it easy to eat before an event? | • Says that people are unaware of what he actually eats? |
| • Uses cooking as a way to relax? | • Says knowing what and when to eat is critical? |
| • Sometimes allows himself certain food as a reward? | • Has had to change his diet with a change of sport? |

Sports diets

Four athletes talk about what they eat.

A Mark

When I'm cycling on my own I stuff my pockets with bananas and protein bars. On the longest rides I'll eat something every half an hour. For heavier training it's physically impossible to get enough energy from food alone, so you do rely on energy drinks. One development in sports nutrition since I've been competing is the focus on the importance of protein. Cycling is much more weight-orientated than the swimming I used to do, which means I need to eat differently now. Protein feeds the muscles but keeps them as lean as possible. I've been an athlete for 20 years so healthy eating is normal for me, but that's not to say I don't get a tasty take-away meal from time to time. I've just learned to spot the meals that will provide what I need. It's simple things like steering clear of the creamy sauces and making sure I get lots of veg.

B Stefan

Everyone says: 'As a runner you must be on a really strict diet. Do you only eat salad? Are you allowed chocolate?' But that's really not the case. I've got salad and vegetables in my shopping trolley but there's always some chocolate in there, too. I do most of the cooking at home. On the morning of a competition, I get so nervous I feel really sick. I have to force myself to have something so I'll have enough energy to perform well. Sometimes I get those days where I don't want to be so disciplined. You think: 'I've trained really hard, I deserve to have a pizza.' It's OK to have a little relapse every now and then but I can't do it every day or I'd be rolling round the track!

C Guy

For a gymnast, a kilo can make all the difference. But if you don't eat enough you'll be a bit shaky and weak. It's all about eating the right amount, at the right time – two hours before you do anything. Breakfast is fruit and if I'm a bit peckish, wholewheat toast and butter! I get to training for 12 pm, then break after three hours for lunch – more fruit, a cheese and tomato sandwich. I'm back in the gym from 5 pm to 8 pm, then I go to my Mum's for steak and vegetables or chicken and salad. I don't tend to mix carbs with meat late at night. I'm not the best cook, but I think it's fun to do. I know how to make chicken from my mum's recipe, it just takes me a bit longer to get organised.

D Tomas

It's definitely possible to eat delicious food and be a professional swimmer. I've always loved food so I'm not going to be obsessive because you can get what you need and still enjoy every bite. I'm not really one for endless protein shakes and energy drinks. Before a training session I'd rather have a banana. That's not to say I'm perfect. At the world championships I got my feeding strategy wrong – and I paid for it. For my sport it's what you eat two days before the competition that makes the difference. You have to 'carb load' – eat piles of rice or pasta – and I didn't. I was leading for a long way but I ended up 11th. My biggest indulgence is pastry. And I love baking. I train for 33 hours a week so in my time off I need to rest, and spending time in the kitchen is perfect. Swimming is my biggest passion but baking comes a close second.

II. Complete the sentences. Use the correct form of the verb in brackets.

- 1 Dogs must not _____ (bring) into the park unless they are on a lead.
- 2 I usually save €200 a month. By the end of the year, I _____ (save) €2,400.
- 3 Carla denied _____ (leave) the car window open.
- 4 It _____ (think) that the gang escaped in a black 4 x 4.
- 5 People used _____ (give) longer prison sentences in the past.
- 6 The art thieves are believed _____ (take) two priceless paintings.
- 7 I'm so sorry – I completely forgot _____ (buy) any milk.
- 8 I remember _____ (play) volleyball in the garden when I was little.
- 9 Janet convinced me _____ (not go) straight to university after finishing school.
- 10 The business is going to _____ (sell) next week.

III. Complete the sentences with one word.

- 1 I have good chats with my hairdresser while I'm _____ my hair cut.
- 2 You _____ have spoken to your father like that, it was very rude.
- 3 My brother's with me – he insisted _____ coming.
- 4 Deirdre _____ have gone home – her coat is still on her chair.
- 5 We love India, but we can't _____ used to eating spicy food every day.
- 6 I loved the music, even _____ it was a bit too loud.
- 7 Sally looks _____ if she's had some really bad news. Is she OK?
- 8 I'm _____ to this kind of heat. I lived in Egypt before I moved here.
- 9 Do you have a _____ of scissors? I need to cut some wrapping paper.
- 10 That sounds _____ a really bad idea.

IV. Write the correct form in the box provided.

- 1 I know it's difficult with this noise, but please try **to go / going** to sleep.
- 2 We used to **live / living** in Scotland. It was nice, but the weather wasn't great.
- 3 Do you feel **as if / like** watching a film tonight?
- 4 I'm going to **get my car serviced / get serviced my car** tomorrow.
- 5 All the staff in this restaurant **is / are** incredibly friendly.
- 6 You **can't / may** have seen Gary here yesterday. He took the day off.
- 7 We're going for a walk this weekend, **whatever / however** the weather is like.
- 8 **Despite / In spite** of setting off late, we arrived in good time.
- 9 I recommend **to visit / visiting** the new Acropolis Museum in Athens.
- 10 The drug was withdrawn because of its harmful side **results / effects**.
- 11 We're looking for **volunteers / donors** to work in the charity shop on Saturdays.
- 12 We'll have to cut carbon emissions **sooner or later / now or never**.
- 13 Did you **notice / realize** whether the supermarket was open when we drove past?
- 14 **Remember / Remind** me to buy some stamps when we're in the newsagents.
- 15 My wallet was **stolen / robbed** from out of my jacket when I went to the toilet.
- 16 I **hope / expect** Helen will come on Saturday. It would be a shame not to see her.
- 17 This branch **did / made** the biggest profit last year.
- 18 It's hard to find **biased / objective** journalism that isn't obviously left- or right-wing.
- 19 Prices have **raised / risen** by over 10% during the last year.
- 20 I wish you **wouldn't be / weren't** so tall – it gives me neck ache to look at you!

V. Complete the sentences with the correct word.

- 1 The film tells the story of a bank _____ that goes horribly wrong.
burglary theft robbery
- 2 Government plan to _____ thousands of public sector jobs.
clash axe quit
- 3 There was a big advertising campaign to _____ their latest mobile phone.
produce launch manufacture

5 Two passengers took control of the plane and made the pilot land in the desert. They're

hijackers smugglers kidnappers

6 Have you ever asked for advice from the _____ in this newspaper?

agony aunt critic papazzi

7 I have to wake my brother up when he _____ because it's so loud!

snores sleepwalks yawns

8 We _____ most of our manufactured goods from China.

import expand export

9 Two men have been _____ with bribery.

charged arrested questioned

10 My neighbour won't _____ if you park your car in front of their house.

notice mind matter

VI. Complete the sentences with the correct words.

whenever	whatever	whichever	however	wherever	whoever
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1 Order _____ you want to eat – I'm paying!

2 _____ we travel, by train, bus, or car, it's not going to be cheap.

3 _____ I ask, they all say the same thing – we're going in the wrong direction.

4 I'm a freelance journalist so I can work for _____ newspaper I want to.

5 You'll find friendly people _____ you go in the world.

6 I don't have children in school now so I can go on holiday _____ I want to.

VII. Write the words in brackets with the correct prefix or suffix.

1 a main character in a book or film who isn't heroic (hero) = _____

3 the result of making something better (improve) _____

4 food that is still a bit raw (cook) = _____

5 to sleep longer than you intended to (sleep) = _____

6 the area around where you live (neighbour) = _____