

PLAY THE GAME

UNIT 1

Name:

Unit 1 READING ACTIVITY

1 Look at the picture and Fact File. What do you think the article is about? Read it quickly to check your answers.

A Day in the Life of ... Michelle

Michelle Brown studies sports and wants to be a sports teacher. Her favorite sport is running so she loves running marathons. She says, "It's not easy to run a marathon. There are lots of things to think about, such as your food and routine."

A typical day

Michelle usually wakes up at 5:30 a.m. and runs 20 kilometers before breakfast. It takes her about an hour and fifteen minutes. On Saturday mornings, she runs 30 kilometers or more to practice for the next marathon. Her best marathon time is three hours and ten minutes. After her morning run, she always eats lots of toast and butter for breakfast. Sometimes she puts honey on it because it's sweet and gives her energy.

Her classes start at 9 a.m. She studies sports in the mornings and plays volleyball, soccer or tennis in the afternoons. "My program is amazing! I do the things I love doing every day."

At lunchtime, she usually has a large salad with chicken or fish. In the evenings, she has dinner with her friends. They are all athletes and are careful about what they eat. They usually have fish or chicken again, with green vegetables. Michelle loves fries and pizza, but she hardly ever eats them – only after a race. On weekdays, she is usually in bed at 10 p.m.

2 Read the article again and circle the correct answers: a, b or c.

1 The article is about

- a Paula Radcliffe
- b a sports student
- c marathons

2 Michelle runs because

- a it's part of her course
- b it's good for her
- c she loves running

3 She eats a lot of

- a vegetables and fish
- b pizza
- c honey

FACT FILE

A marathon is a running race. It's 42 kilometers (26.2 miles) long. The British athlete, Paula Radcliffe, holds the world record for running the women's marathon in 2 hours and 15 minutes.



3 Look at the statements. Write T (true), F (false), or DK (don't know).

Then read again to check your answers.

1 Michelle trains a lot before she
runs a marathon. T

2 She eats a lot of sweet things for
breakfast.

3 She can run a marathon in about
three hours.

4 She wants to beat Paula Radcliffe's
record.

5 She eats the same type of food for
lunch and dinner.

6 She loves having French fries and
pizza before a big race.