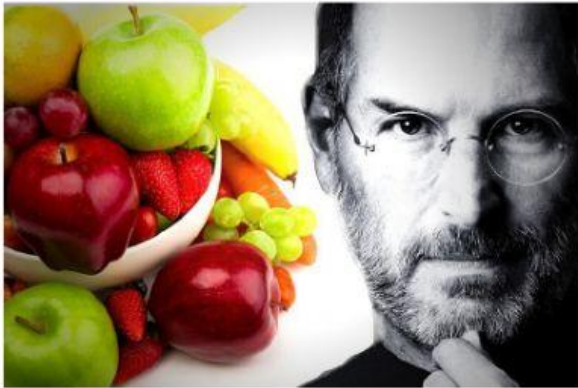


Read the texts below.

Match choices A-H to the texts 1-5. There are three choices you do not need to use.

Balance what you eat



1

We all go on unusual diets from time to time, but some people can take this to extremes. Steve Jobs, for example, only ate carrots or apples for weeks at a time. He once ate so many carrots that his skin turned bright orange. Nutrition experts say that such limited diets are bad for us. If you live on very few products for a long time, your body doesn't get all the

vitamins and minerals it needs. In the long run, you may develop serious health problems.

2

Most athletes eat food with a lot of complex carbohydrates in it, like for example pasta. The energy from such carbohydrates burns off slowly, not like sugary things that give a burst of energy, but then you feel weak again.



3

Change your diet completely and start your day in a healthy way: some grapefruit and yogurt will make you energetic. Also, no fried food, so bake your fish or chicken for lunch (you can find some simple and healthy recipes online). Avoid sweets and junk food and take up some sport.

4

You need to make sure that your little snacks aren't too fattening. Keep a lot of fruit and vegetables at home, especially carrots. When you need a break, have some veggies instead of the usual snacks.



5

Make some effort! First, find simple and healthy recipes. Make a list of food to buy. Then go shopping and buy enough food for the whole week. This way you will always have something to take for lunch.