

CAE WORD FORMATION: SPORTS

Complete the gaps with the correct form of the words on the right.

Addressing health concerns

Healthy eating and keeping physically active are (0) particularly important for children and adolescents. PARTICULAR
Their nutrition and lifestyle have a direct impact on their (1) _____ and development. Moreover, GROW
worldwide trends in obesity in children and teenagers are becoming (2) _____ worrying. INCREASE
Being overweight or obese has been linked to a greater (3) _____ of various health complaints OCCUR
later in life. One way to improve the dietary habits of schoolchildren is to make (4) _____ ADJUST
to the food served for lunch. Several leading UK chefs have launched campaigns to improve the
nutritional quality of the food on school menus. Despite (5) _____ publicity, the improvements to CONSIDER
school dinners have not really (6) _____. Attention has now turned to reducing excess MATERIAL
sugar in foods and beverages. Some local authorities are introducing a tax on drinks with more
than a permitted amount of sugar. (7) _____ have already begun decreasing the quantity MANUFACTURE
of sugar in their drinks. Health campaigners are delighted with this reduction and also with the
news that (8) _____ raised from the tax will go towards school sports. COME

Training Sports Champions

What are the abilities that a (0) PROFESSIONAL sports person needs? To guarantee that opponents PROFESSION
can be (1) _____ speed, stamina and agility are essential, not to mention outstanding COME
natural talent. Both a rigorous and comprehensive (2) _____ regime and highly nutritious FIT
diet are vital for top-level performance. It is carbohydrates, rather than proteins and fat, that
provides athletes with the (3) _____ they need to compete. This means that pasta is ENDURE
more (4) _____ than eggs or meat. Such a diet enables them to move very energetically BENEFIT
when required. Failure to follow a sensible diet can result in the (5) _____ to maintain. ABLE
stamina. Regular training to increase muscular (6) _____ is also a vital part of a STRONG
professional's regime, and this is (7) _____ done by exercising with weights. Sports people are TYPE
prone to injury but a quality training regime can ensure that the (8) _____ of these can be SEVERE
minimised.