

Reading Comprehension

I. Read

One of the world's best soccer players, Cristiano Ronaldo, focuses on preparing physically and mentally to win a lot of football matches. From reggae to pizza, here is Ronaldo's daily routine!

BEFORE THE GAME

Rest

Sleeping many hours is crucial for everybody. Ronaldo knows that a good sleep is very important for training. "I go to bed early and get up early, especially before exciting matches. Sleep helps my muscles to recover". Ronaldo sleeps a minimum of eight hours a night. Like most athletes, he feels anxious and excited so he has many difficulties falling asleep the night before a match.

Do exercise in the morning

Ronaldo recommends doing several abs in your bedroom when you wake up in the morning or before you go to bed. He says, "if you get into a routine, it will become a habit and you will feel a lot more energized."

Eat small, balanced meals

Ronaldo says, "Good exercise needs to be combined with a good diet". He prefers meals that contain a lot of protein, some wholegrain carbohydrates, some fruit and some vegetables. "If you train regularly it's important to keep energy levels high," Cristiano adds. "I sometimes eat many smaller meals a day to make sure I have a lot of energy".

AFTER THE GAME

Eat snacks

Ronaldo eats while he is still at the stadium. He rehydrates, has some pieces of fruit, a few slices of pizza and other carbohydrate-based snacks.

Take hot and cold baths

Ronaldo goes home to take a relaxing 30-minute bath, changing between hot and cold water to stimulate the flow of blood and get only a few bruises from the match.

Adapted from: Mejia, Z. (2018, June 20). How Cristiano Ronaldo's game day routine sets him up to win. Retrieved from <https://cnb.cx/3a0a7Ed>

II. Answer the following questions (True or False)

1. Cristiano Ronaldo is one of the best soccer players	6. Ronaldo prefers to eat a lot of carbohydrates
2. Ronaldo goes to bed early and get up late	7. Ronaldo eats a lot of fruit and vegetables.
3. Ronaldo sleeps at least 8 hours	8. Ronaldo rehydrates after a game.
4. It's easy for Ronaldo to sleep before a match	9. Ronaldo eats pizza after a match.
5. Ronaldo suggests to do abs in the afternoon	10. Ronaldo takes a hot bath after the match.

III. Match the following sentences.

He prefers meals that contain

hours is crucial for everybody

Sleeping many

several abs in your bedroom

Hot and cold baths help to get only

a lot more energized

Ronaldo recommends doing

a lot of proteins

Ronaldo has a

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You will feel

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