



Content Close-up Book UNIT 5 (Reading + Parts of Speech + Vocabulary)

Week 3

Teacher Master Siwarak Suramonthon

Date : _____

Name _____

Class M.6 / _____ No. _____

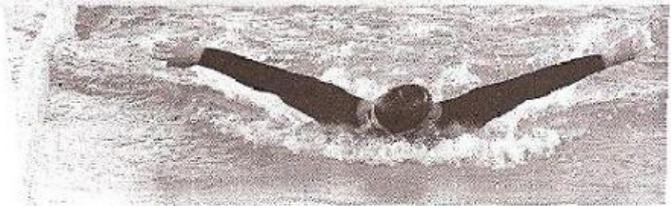
Reading Unit 5

FITNESS OR FATNESS

With **obesity** rates in most industrialised countries at record levels and more and more of us leading **sedentary** lives, it is **hardly** surprising that there is so much **obsession** in the media about the **importance** of curbing our calorie intake and increasing the amount of exercise we take. The United Kingdom Department of Health **recommends** a **daily** calorie intake for men of just over 2,500 and for women of just below 2,000. However, there is a small group of people whose goal is to **consume** up to twice this number of calories in an attempt to **attain** peak physical fitness. These are the professional athletes.

Olympic swimmers train long and hard. On top of ten gruelling sessions in the pool every week, they do strength training in the gym and undergo physiotherapy. Needless to say, they burn a lot of calories. During the 2008 Beijing Olympics, Michael Phelps allegedly told the American broadcaster NBC that he consumed up to 12,000 calories a day while training. He has since claimed that this was a myth. However, Olympic **athletes** certainly need a **huge** amount of fuel to be able to train at such intensity.

But it's not just about calories. It's important to fuel up from the right food groups at the right time.



While training, athletes **require** carbohydrates to keep their energy levels high and protein to repair and build muscle. They also need **essential** vitamins and minerals, which they get from fresh fruit and vegetables. These foods also supply **them** with healthy fats. Keeping hydrated is **equally** important. Athletes lose a lot of water through sweat.

The day before a competition, long-distance runners and swimmers do what is known as 'carb-loading'. That is to say, they eat lots of carbohydrates that the muscles will store as energy to be released **during** the event the following day. Of course, **athletes** face the same problem as the rest of us. If they eat more calories than they burn, they will **put on weight**. *Being an Olympic athlete cannot be a piece of cake.*

EXERCISE 1 : PARTS OF SPEECH

Directions: Read the text and analyze the PARTS OF SPEECH of the **UNDERLINED** words.

_____	1. hardly	_____	7. require
_____	2. importance	_____	8. from
_____	3. daily	_____	9. them
_____	4. consume	_____	10. equally
_____	5. broadcaster	_____	11. during
_____	6. huge	_____	12. weight

EXERCISE 2 : MATCHING

Directions: Match the vocabulary words / idiom with its definitions. You can consult with the dictionary if needed.

letters	vocabulary / idiom	definitions
_____	1. obesity (n.)	A. necessary or needed
_____	2. sedentary (adj.)	B. something that is very easy to do
_____	3. obsession (n.)	C. the quality or fact of being very fat
_____	4. recommend (v.)	D. a person who is very good at sports
_____	5. attain (v.)	E. to reach or succeed in getting something
_____	6. athlete (n.)	F. involving little exercise or physical activity
_____	7. essential (adj.)	G. something that you think about all the time
_____	8. a piece of cake (idm.)	H. to suggest that someone or something would be good

EXERCISE 3 : GAP FILLING

Directions: Fill in the blanks with the correct words. Use the words in Exercise 1.

- The kids have a(n) _____ with computer games.
- A diet that is high in fat and sugar can lead to _____.
- Government support will be _____ if the project is to succeed.
- Her new trainer has promised to make an Olympic _____ of her.
- The boy found the project to be _____ because it was incredibly easy.
- Most of our students _____ five 'A' grades in their exams last semester.
- The headmistress agreed to _____ the teachers' proposals to the school governors.
- People with _____ jobs generally need to eat less than those in very active occupations.