3 **Read the text and mark the sentences *T* (true), *F* (false) or *DS* (doesn't say). Correct the false statemen**

1 Sports help you stay fit and healthy. ...

2 Certain sports require certain foods. ...

3 Pasta and bread give you energy. ...

4 Eating meat helps you have energy. ...

5 You mustn't drink any water during exercise. ...

6 Goat's milk is better than cow's milk. ...