Reading: SPORTS DIETS Chrissie Wellington – triathlete

The British triathlete Chrissie Wellington cycles, runs and swims every day. She wants to be the best. But being a champion is not only about training – good nutrition is also important.

When she's training Chrissie starts her day with her first breakfast. She has a banana and some rice cakes. After training, she eats a second, bigger breakfast of cereal, nuts and yoghurt.

For lunch Chrissie combines carbohydrates and protein. She often has a baked potato, bread or brown rice with fish, meat or other proteins like pulses. On the side is a salad or some vegetables. She finishes with cereal and nuts or fruit.

Every evening Chrissie eats fish or white meat (such as chicken). She has red meat once a week. Vegetables are always on her evening menu, together with rice or pasta. After that, dessert is a bowl of cereal and fruit.

Chrissie doesn't say no to anything! Chocolate, cakes, pizza – everything is OK if she doesn't eat a large amount of it.

On competition days she starts with rice, cereal and coffee. Then she doesn't eat or drink anything else – apart from water – until she's competing. She eats and drinks special energy products during the triathlon and she tries to keep hydrated by drinking water.



Immediately after the race she needs to eat! She eats high-energy, high-fat food like chips, pizza and burgers. Then it's time to relax!

1.Read the text and find words that match the following definitions

food, diet ☐

beans or peas, legumes ☐

the sweet part of a meal ☐

quantity ☐

except ☐

full of water ☐

2. Read the text again and decide whether the following sentences are True or False.

1 Chrissie Wellington eats two breakfasts every day. ☐

2 Chrissie eats potatoes for lunch every day. ☐

3 She doesn't eat red meat every day. ☐

4 She thinks eating chocolate is very bad for her. ☐

5 She only drinks coffee on competition days. ☐

6 She doesn't eat much food before a race. ☐

3. Read the text and answer the questions.

1 How many meals does Chrissie have in the morning?

_____

2 What carbohydrates does she like at lunch?

_____

3 How many times a day does she eat vegetables?

_____

4 What does she have for breakfast when she has a race?

_____

5 What does she eat after a competition?

_____

LIVEWORKSHEETS