

An Athlete's Diet

Mark the following statements as **T (True)** or **F (False)**. ...

1. Dieticians suggest that most people should eat about 10,000 calories per day. ...
2. An athlete training for the Olympics should only eat 2,000 calories per day. ...
3. Different Olympic sports need different diets. ...
4. A balanced diet for an athlete means a lot of burgers and chips. ...
5. Tasha Danvers eats a combination of proteins, carbohydrates, fruits and vegetables. ...
6. Most athletes also supplement their food with sports drinks. ...