

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.

T

F



2. An athlete training for the Olympics should only eat 2,000 calories per day.

T

F



3. Different Olympic sports need different diets.

T

F



4. A balanced diet for an athlete means a lot of burgers and chips.

T

F



5. Tasha Danvers eats a combination of proteins, carbohydrates, fruits and vegetables.

T

F



6. Most athletes also supplement their food with sports drinks.

T

F

