

1 Complete the sentences.

competition match medal team uniform winner



Today Charlie is playing in a basketball ¹ match.
There are seven boys in his ² team. They all
wear a red and white ³ uniform.



Yesterday Flo and Ella were at a swimming
⁴ competition. Flo was the ⁵ winner.
She got a gold ⁶ medal.

2 Answer the questions about you.

- 1 Are you in a team? _____
- 2 What colour is your uniform? _____
- 3 How many medals have you got? _____
- 4 When do you play matches? _____
- 5 Do you like competitions? _____
- 6 Which is more important: to play or to be the winner? _____

3 Match. Then complete the sentences.



strong bones



big muscles



energy



- 1 Cereal and pasta give you energy.
- 2 Meat and cheese give you strong bones.
- 3 You get strong bones from eggs and water.