

PART 4

QUESTIONS 19–24

For each question, choose the correct answer.

Healthy Food and Sports

Many students enjoy playing sports, but they do not always think about what they eat. Eating the right food is very important if you want to stay (19) _____ and have enough energy to play sports well.

Before doing sports, it is a good idea to eat something light, such as fruit or bread. These foods help your body feel ready and do not make you feel too (20) _____. Drinking water is also important, especially when you exercise for a long (21) _____ of time.

After playing sports, your body needs food to help it recover. Foods like rice, meat, eggs, and vegetables give your body the energy it needs. Many sports players also try to avoid fast food because it often has too much sugar and (22) _____.

People who eat well and do sports regularly usually feel stronger and happier. They can run faster, play longer, and enjoy sports more. That is why doctors and coaches often (23) _____ people to eat healthy food and stay active.

In the future, schools may teach students more about food and sports, so they can make better (24) _____ about their health.

Options

19 A strong	B healthy	C tired
20 A hungry	B full	C busy
21 A part	B number	C period
22 A fat	B juice	C water
23 A decide	B suggest	C agree
24 A answers	B plans	C choices