1 Look at the title of the leaflet and the photo. Who do you think it is for? Do you think it is useful for you? Why? / Why not?



A healthy, balanced diet is important for people of all ages. But it's especially important for young sportspeople like swimmers, athletes, footballers and tennis players. That's because a healthy, balanced diet can actually help them to stay fit!

When young sportspeople train and do long workouts, they use lots of energy. Their bodies need more energy from their food. They need to eat something every three hours – that's five or six balanced meals or snacks every day! This is a recommended list for young athletes:

2–4 portions of fruit a day (e.g. apples, bananas, strawberries)

3–5 portions of vegetables a day (e.g. broccoli, carrots, lettuce)

High energy foods (e.g. beans, rice, bread)

Meat and milk products (e.g. eggs, milk, yoghurt, fish or chicken)

Healthy fats (e.g. nuts, avocados)

And don't forget that the best drink to have is water, NOT cola!

2 Read the leaflet and check your ideas in Ex 1. Which food items do you love? Which ones do you hate?

3 Label the food with the underlined words in the text.



1 ____ 5 ____
2 ____ 6 ____
3 ____ 7 ____
4 ____ 8 ____

4 Complete the sentences with the words below.

apples bread cheese chocolate fish ice cream milk potatoes tomato

1 We eat lots of fruit, but we never eat ____.
2 ____ and ____ are high in sugar, so I hardly ever eat them.
3 I eat ____ every day because I always have toast for breakfast.
4 A ____ isn't a vegetable. It's a fruit.
5 You need ____ to make chips.
6 People often have bread and ____ as a snack.
7 A pescatarian doesn't eat meat or chicken but eats ____.
8 It's a good idea for young children to drink ____ every day.

5 2.03 **PRONUNCIATION** Complete the table with the words below. Then listen and check.

beans cheese dinner drink meat lettuce orange pizza

/ɪ/	/iː/

6 Look at the words and write *C* (countable) or *U* (uncountable).

1 vegetable ____
2 bean ____
3 meat ____
4 cola ____
5 pasta ____
6 banana ____
7 oil ____
8 carrot ____

7 Choose the correct answer: A, B or C.

1 Do you like ____ water?
A a B an C –
2 It's good to eat ____ apple a day.
A a B an C –
3 I hardly ever eat ____ rice.
A a B an C –
4 Can I have ____ strawberry, please?
A a B an C –
5 Have you got ____ carrot?
A a B an C –
6 I'd like ____ apple and a banana, please.
A a B an C –

8 **VOCABULARY BOOSTER** Now practise **How to eat well** vocabulary on page 105.

LIVEWORKSHEETS