

FOOD FOR SPORT

Task 1: Match the words

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|------------------------|--------------------------|
| 1. Nutrients | A. делать мышцы сильными |
| 2. Muscle grow | B. Питательные вещества |
| 3. Make muscles strong | C. быть в хорошей форме |
| 4. Be in a good shape | D. мышцы растут |
| 5. Carbohydrates | E. углеводы |

Task 2: True/False/Doesn't say (DS)

- 1 Sports help you stay fit and healthy.
- 2 Certain sports require certain foods.
- 3 Sugar and bread strengthen an athlete's muscles.
- 4 Eating meat helps an athlete to have energy.
- 5 An athlete mustn't drink any water during exercise.
- 6 Drinks that contain sugar can destroy your teeth.

the eatwell plate

