Reading



Ronnie is an athlete. He trains hard for competitions. He trains daily and uses up a lot of energy. He knows that he has to follow a proper food routine to be able to train and do well in sports. The energy he needs is much more than that of an average person. The energy he needs depends very much on what he eats.

Every day, Ronnie eats food that contains carbohydrate, protein and fat. The carbohydrates serve as a source of energy. They include fruit, vegetables, whole grain cereal, bread and pasta.

Dietary fats also play a key role. They include nuts, nut butters, avocados, olive and coconut oils. The dietary proteins play an important role in muscle repair and growth. Some important sources of protein include lean meat like chicken, fish, eggs, nuts, dairy (yoghurt, milk, cottage cheese).

A **Match the following words with their meanings.** HOTS

1	routine	•	• (a) Strength and vitality
2	energy	•	• (b) Regular way of doing things
3	dietary	•	• (c) Very important
4	key	•	• (d) Relating to the food taken
5	role	•	• (e) Part

B **For the following sentences, write *True* or *False*.** HOTS

1 An athlete needs more energy than an average man. .....( )

2 Ronnie trains daily so that he can have more energy. .....( )

3 To get more energy, Ronnie eats food that contains carbohydrate. .....( )

4 The dietary proteins play an important role in muscle repair. .....( )

5 One important source of protein is vegetables. .....( )

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