

Aiming High

2 ¹⁵ **Michael Phelps**, the U.S. swimmer, won seven gold medals at the Olympic Games in 2008.

“Eat, sleep and swim. That’s all I can do,” he says.

Look at what he eats every day:

Breakfast: Three fried egg sandwiches with cheese,
²⁰ mayonnaise and vegetables. Then he has a five egg omelet, porridge², three slices of French toast with sugar, chocolate chip pancakes and two cups of coffee.

Lunch: pasta, meat, cheese and mayonnaise on white bread and lots of energy drinks.

Supper: pasta and a big pizza with more energy drinks.

²⁵ Michael’s calories for the day: 12,000!



Answer the questions:

Name:

Sport

How many medals did he win? and when?

What does he eat for breakfast?

What does he eat for lunch ?

What does he eat for supper ?

How many calories does he eat in a day?

