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Read the text and mark the sentences T (true), F (false) or DS (doesn't say). Correct the false statements

- 1 Sports help you stay fit and healthy.
- 2 Certain sports require certain foods.
- 3 Pasta and bread give you energy.
- 4 Eating meat helps you have energy.
- 5 You mustn't drink any water during exercise.
- 6 Goat's milk is better than cow's milk.

