



HEALTH FOOD AND EXERCISE

WRITING: Match the questions to the answers.

	Answer	
1. How often do the athletes eat?		A. At 8 0' clock
2. What time do they have their breakfast?		B. Yes, they drink a lot
3. What is their diet based on?		C. About a litre a day.
4. How often do they eat meat?		D. At 5'o clock
5. Do they drink tea?		E. Twice a day, as a group
6. How often do they usually train?		F. Bread, rice, potatoes, porridge, cabbage, beans, ugali
7. When is the afternoon run?		G. 10 to 15 kilometres in the morning and 6-8 kilometres in the afternoon.
8. How far do they run?		H. four times a week.
How much water do they drink?		I. Five times a day

