

Olympic Diets

What do Olympic athletes eat for breakfast, lunch and dinner? We talk to two very different athletes.

a



b



24

Artem Petrenko, Weightlifter, Ukraine

What do you eat for breakfast?

For breakfast, I eat six eggs and three or four cheese sandwiches. I drink a litre of orange juice and three cups of coffee.

What about lunch and dinner?

I have lunch at 1.00 p.m. I eat a big bowl of pasta or rice and salad. For dinner, I eat meat with potatoes and vegetables. During the day, I eat more sandwiches and fruit.

That's a lot of food! What's your favourite food?

Cheese. I love all cheese, and my favourite is Dutch cheese like Gouda.



Michelle Nelson, Marathon runner, Australia

What do you eat for breakfast?

For breakfast, I eat brown bread and fruit and I drink 'green juice' – it's juice with green vegetables and fruit. I'm a vegan, so I don't eat meat, eggs or fish and I don't drink milk.

What about lunch and dinner?

For lunch, I have a vegan burger with rice and salad. In the evening, I have dinner with my family. It's difficult because we don't like the same things! But we all eat pizza. My two sisters like cheese, but I have a vegan pizza – without cheese!

Do marathon runners eat dessert?

Yes, they do! Well, maybe not all of them ... but I love dessert. It's my favourite part of the meal. I love carrot cake and vegan ice cream.



Complete the sentences with the correct words

1. What _____ you _____ for breakfast?
2. I _____ a litre of orange juice.
3. I _____ lunch at 1.00 p.m.
4. I _____ milk
5. We _____ the same things.
6. _____ Marathon runners _____ dessert?