

Olympic Diets

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

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.



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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?