Read and listen to the text and check your answers to the quiz in Activity 2.

Tips for health and energy!

Did you know that top athletes pay as much attention to what they eat as how they train?

Your eating habits can really help your body when you do sports and exercise. Here's how to keep your body in tip-top condition.

Eat healthy carbohydrates like wholemeal bread, pasta, brown rice, vegetables and beans. You will give your body energy for exercise and freel fuller for longer. Don't eat too much white bread and sugary food. If you eat these foods, you'll get a quick energy lift, but later you;ll feel tired more quickly.	Eat protein to help your body get stronger. Protein repairs your muscles after exercise and helps your blood cells carry nutrients and oxygen to your muscles. Good protein foods are chicken, fish, eggs, milk, green vegetables and lentils. Drink plenty of mil and eat yoghurt. These foods contain calcium to give you strong bones.
Feel hungry before doing sport? Have a banana or some other fruit! This food is easy to digest. If you have a lot of food before exercise, you'll probably get a stomach ache! Drink lots of water. Your body needs water to stay healthy. If you drink plenty of water, you'll stay cool and hydrated when you do sport.	

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High flyer! Biography!

Simone Biles is the most successful gymnast of all time. She has won more World Championship medals than any other man or woman in the history of gymnastics. Simone was one of the superstars at the Olympic Games in Rio, where, at just 19 years old, she won four gold and one bronze medals. She said at the time, 'My first Olympics and I've walked away with five medals... It shows dreams can come true. I'm not the next Usain Bolt or Michael Phelps: I'm the first Simone Biles.'
Simone was born in Ohio, USA in 1997. When she was very young, she was in foster care until she and her younger sister, Adria, were adopted by their grandparents. She was always a very active child, who loved jumping around. Then her life changed at the age of six, on a school trip to a gymnastics centre. There, a coach noticed her natural talent and invited her to join a class.
From that moment, with the support of her family, Simone worked hard to become an excellent gymnast. She was very small, but strong. In third grade, she was teased by her classmates about her muscly legs. Instead of getting upset, she felt proud because she knew she was stronger than most of the other children!
Simone has had setbacks in her journey to stardom, but she has never given up. In 2011, she just missed being selected for the National team. She was devastated, but she stayed strong and positive and used the experience to improve. Three years later her determination was rewarded: in 2014, she became the first woman in 40 years to win four gold medals at the World Championships!

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