Exercise 1: Read the text and choose true/false for each question.

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 feel 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 milk 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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1. Top athletes pay more attention to training than to their eating habits. _____

2. Wholemeal bread, pasta, and beans are examples of healthy carbohydrates. _____

3. Eating sugary food gives you long-lasting energy. _____

4. Protein helps your muscles recover after exercise. _____

5. Foods like chicken, fish, and lentils are good sources of protein. _____

6. Drinking milk and eating yoghurt help build strong bones. _____

7. It's good to eat a large meal right before doing sports. _____

8. Drinking lots of water helps you stay hydrated when doing sports. _____