



Dear teachers, please do not teach this page.

亲爱的小朋友们，此页是为老师准备的教学目标页。

You are going to learn:



Topic: Eating Habits - An Athlete's Diet



Key words: athlete, excel, a balanced diet, consume, unsaturated, fluid, dehydrated, condition



Genre: Realistic fiction



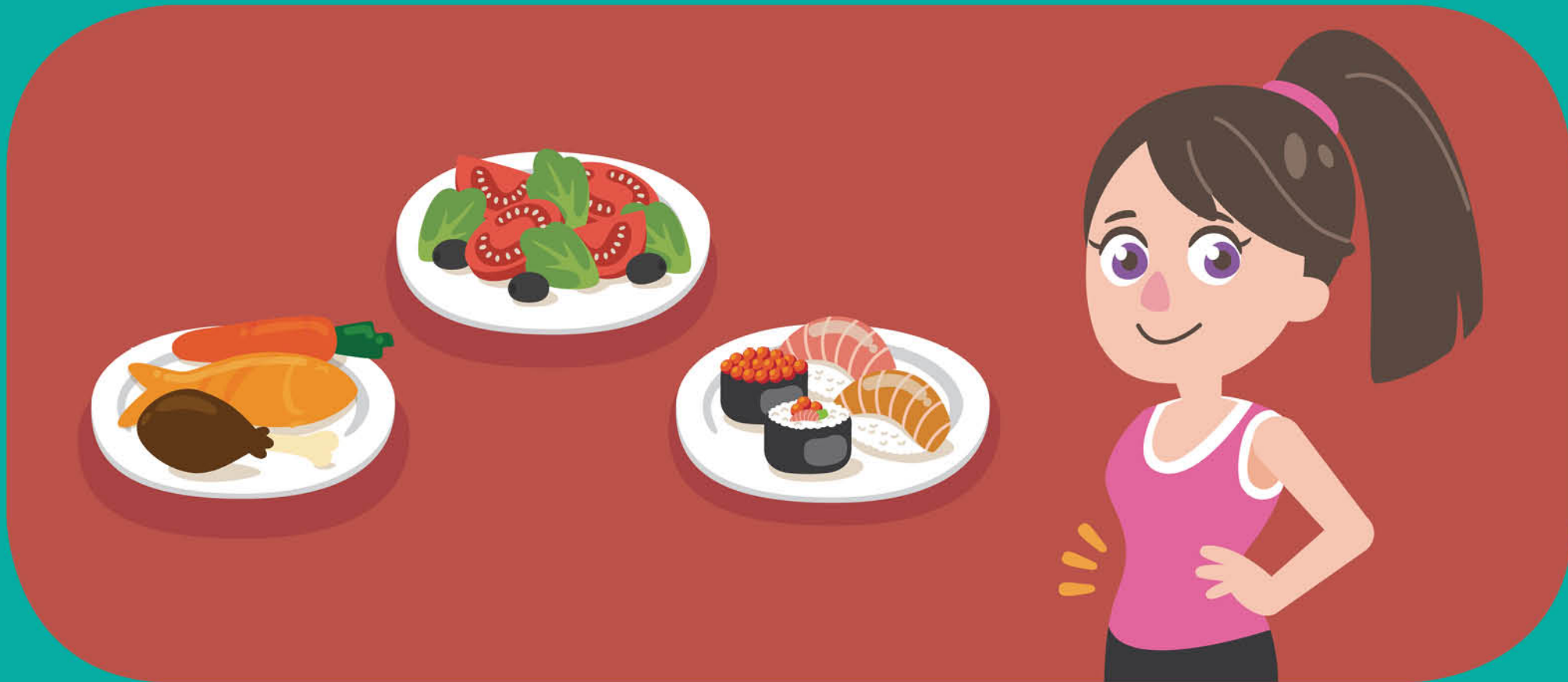
Are You Ready?

Listen to me.



Look at me.

AN ATHLETE'S DIET



Classic English Junior Level 6 - Unit 3 - Lesson 6

FAST READING

WARM-UP

What kind of food do you eat when ...

1. ... you need to stay alert and study?



2. ... you're sick?



3. ... the weather is too cold?



• LET'S PREPARE! •

VOCABULARY

ath · lete



He played sports as a child and grew up to be a successful **athlete**.

ex · cel



Jane is a popular athlete because she **excels** in all kinds of sports.



Who are some famous athletes that you know and what sports do they play?

VOCABULARY

a balanced diet



Eating **a balanced diet** can help you get all the nutrients that you need.

con · sume



It's not healthy to **consume** too much processed food.



What kinds of food should you consume more to have a balanced diet?

VOCABULARY

un · sat · u · rat · ed



Unsaturated fats are an important part of a healthy, balanced diet.

flu · id



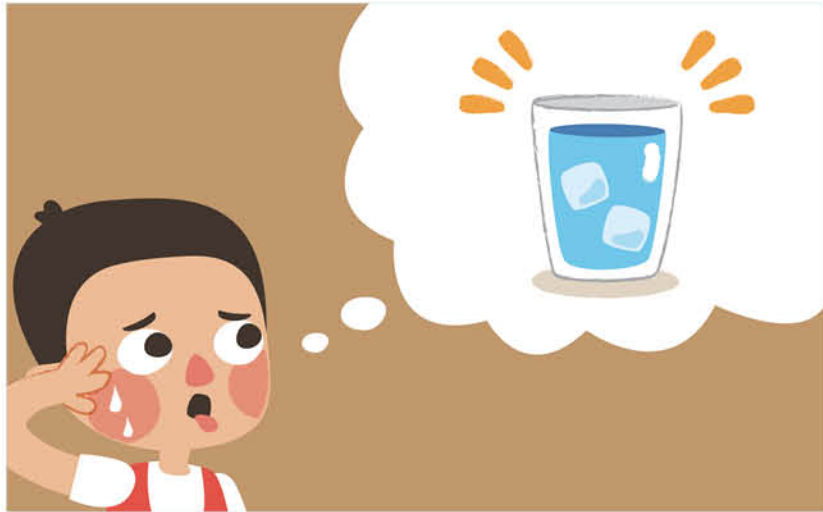
The doctor told me to drink a lot of **fluids** after exercising.



What kinds of fluids do you drink so you're always hydrated?

VOCABULARY

de · hy · drat · ed



The boy feels **dehydrated** because the weather is too hot and he didn't drink water.

con · di · tion



Her regular training helped her to **condition** her body to be strong.



What should athletes do to condition their bodies?

GENRE

Realistic fiction refers to stories with believable events or events that could happen in real life. Its details do not have magical or fantastical elements.

NED'S DREAM

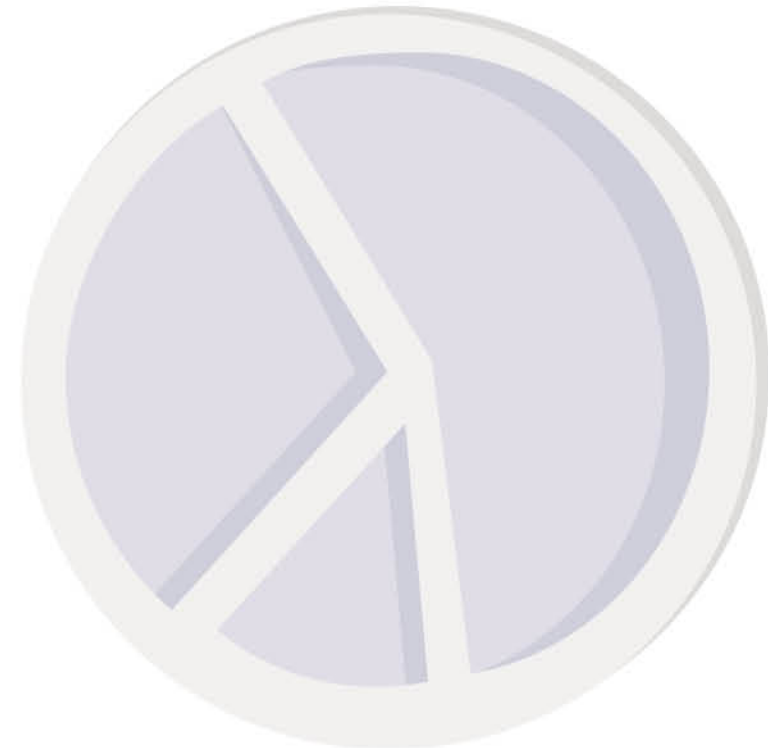
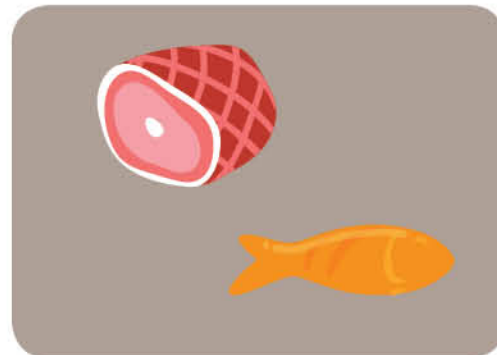
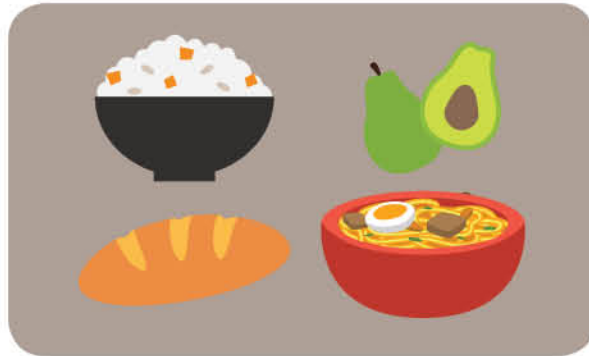
Ned dreamed of becoming a famous athlete someday. He learned how to play basketball at an early age, and he practiced every day. One day, he hurt his knees while playing. "I'll never be a great athlete now!" he told his mom while crying. Ned and his mom went to the doctor. "Good news, Ned. Your knees were not hurt badly. You can still play basketball," the doctor announced. Ned soon became well again. He continued playing basketball. Now, he's more determined to become a professional basketball player.

Answer the questions.

1. What is the genre of this story?
a. realistic fiction b. realistic nonfiction
2. What is Ned's dream about?
a. being good at basketball b. becoming a famous athlete

• LET'S READ! •

You are asked to prepare a meal for an athlete.
Which types of food should be on the plate?



Let's read the passage and find out.

FAST READING

AN ATHLETE'S DIET

Timmy and his dad were watching television when they saw Timmy's favorite **athlete**, Jane. Jane is famous all over the world because she plays not just one, but three kinds of sports. She plays tennis, badminton, and table tennis.



Why is Jane famous all over the world?

“Jane **excels** in different sports. For me, she is the best athlete in the world!” Timmy said. “Do you want to be like her someday? Then you must start eating **a balanced diet**,” said his dad.



What must Timmy do in order to be like Jane?

"I agree. So what should my diet be like, dad?" Timmy asked. His dad told him he needs to **consume** enough carbohydrates from grains, rice and bread. He can get some protein from lean meat, and a bit of **unsaturated** fat from fish.



What should Timmy's diet be like for him to be an athlete like Jane?

Timmy thought about it for a moment, then said, “I think an athlete’s diet should have more protein. It helps with building and maintaining muscles after all.”

“Yes, protein does that, but consuming too much protein can also be harmful to your liver and kidneys,” answered Timmy’s dad. His dad added that athletes need to take a lot of **fluid** to avoid getting **dehydrated**.



What does consuming too much protein do to the body?

“All right. From now on, I’ll have an athlete’s balanced diet!” Timmy said excitedly. “That’s great, Timmy. I think doing this will also **condition** your body to be healthy and strong,” said his dad. His dad was glad that Jane inspired Timmy to dream about being a great athlete in the future.



How does dad feel about Timmy having a balanced diet?

• LET'S PRACTICE! •

ACTIVITY

Complete the following passage with the correct words.

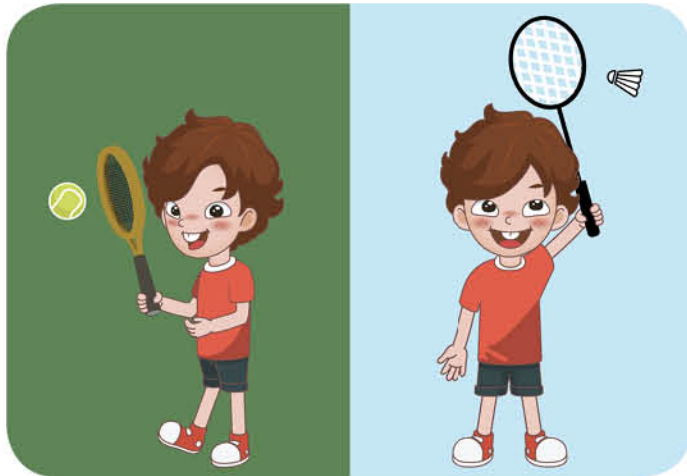
Jane is physically more active than other people because she is an _____. This means that her diet is different from others, too.

For one, her diet must consist mostly of _____ which she can get from rice and bread. She must also eat food rich in healthy or _____ fats. Protein is also an important part of her diet as it helps maintain her muscles. On top of eating right, Jane needs to make sure she drinks plenty of _____, especially water. Drinking should keep her from getting _____.

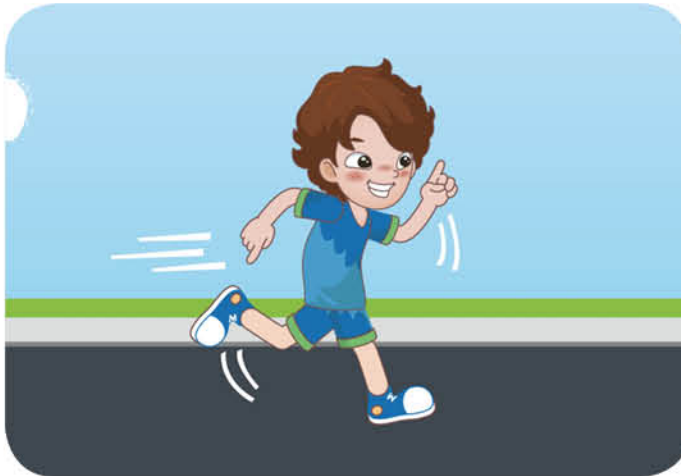
HINTS: **unsaturated** **dehydrated** **athlete**
 carbohydrates **fluids**

ACTIVITY

Describe the pictures using the words provided.



athlete
excel



exercise
condition



consume
a balanced diet

ACTIVITY

Make your own realistic fiction using the pictures.



Today we learned:

KEY WORDS



athlete



excel



a balanced
diet



consume



unsaturated



fluid



dehydrated



condition

GENRE

Realistic fiction

refers to stories with believable events or events that could happen in real life. Its details do not have magical or fantastical elements.



**SEE YOU
SOON!**

51Talk