

Word Formation - Nutrition and Sports

Topic: Nutrition and Sports

Complete the sentences using the correct form of the word in CAPITALS at the end of each sentence.

1. Proper _____ is essential for athletic performance. (**NUTRIENT**)

2. Athletes need to maintain a _____ diet. (**BALANCE**)

3. Protein helps with muscle _____ after exercise. (**RECOVER**)

4. Many sports drinks contain _____ additives. (**BENEFIT**)

5. Regular exercise improves cardiovascular _____. (**FIT**)

6. Dehydration can negatively affect your _____. (**PERFORM**)

7. A nutritionist provides _____ advice on healthy eating. (**PROFESSION**)

8. Carbohydrates are an important source of _____. (**ENERGIZE**)

9. Some supplements claim to enhance _____ performance. (**ATHLETE**)

10. The _____ of vitamins and minerals is crucial. (**CONSUME**)

11. Overeating can lead to _____ and health problems. (**OBESE**)

12. Training _____ requires dedication and discipline. (**INTENSE**)

13. A vegetarian diet can be _____ for athletes. (**SUIT**)

14. The coach emphasized the _____ of rest and recovery. (**IMPORTANT**)

15. Processed foods often lack _____ value. (**NUTRITION**)

16. Athletes must avoid _____ substances. (**LEGAL**)

17. The team's _____ improved with better nutrition. (**STRONG**)

18. Regular check-ups help monitor your _____ progress. (**PHYSICS**)

19. Mental _____ is as important as physical fitness. (**PREPARE**)

20. The trainer provided _____ on proper form. (**GUIDE**)

Answer Key

1. nutrition
2. balanced
3. recovery
4. beneficial
5. fitness
6. performance
7. professional
8. energy
9. athletic
10. consumption
11. obesity
12. intensity
13. suitable
14. importance
15. nutritional
16. illegal
17. strength
18. physical
19. preparation / preparedness
20. guidance