

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)
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14. The coach emphasized the _____ of rest and recovery. (IMPORTANT)
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15. Processed foods often lack _____ value. (NUTRITION)
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16. Athletes must avoid _____ substances. (LEGAL)
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17. The team's _____ improved with better nutrition. (STRONG)
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18. Regular check-ups help monitor your _____ progress. (PHYSICS)
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19. Mental _____ is as important as physical fitness. (PREPARE)
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20. The trainer provided _____ on proper form. (GUIDE)
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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**