

5 READING • Meals for medals

I can guess words in a text I don't know by looking at the context.

THINK! What do you eat to have the best performance?

CAN I BECOME A BODYBUILDER?

Yes, you can. You should practise bodybuilding regularly and have a good diet like this:

- **Breakfast:** scrambled eggs, and vegetables
- **Snack:** whey protein shake, soft-boiled eggs
- **Lunch:** grilled chicken breast, mixed greens, and baked sweet potato
- **Snack:** hard-boiled eggs and carrot sticks
- **Dinner:** fish, green beans with brown rice

Just follow our instructions and you won't look different from a famous bodybuilder.



CAN I JUMP AS HIGH AS NBA* STARS?



No, you cannot if you do not eat as many calories as them. A basketball player needs between 2,500 and 5,000 calories per day. Bananas contain helpful nutrients that make the body feel full of energy. Each banana, on average, contains 30g of carbohydrates, and about 0.01g of vitamin C. Especially, bananas are a rich source of potassium, about 0.4g of each. Potassium reduces a sudden pain in muscles. That is why a wise basketball player often enjoys a banana before or during the game.



*NBA (The National Basketball Association): a professional basketball league in North America

- 1 Read the text quickly. The following words may be new to you. What do you think they mean? Compare your ideas with a partner's.

bodybuilder calories
carbohydrates average contains muscle

- 2 1.54 Read and listen to the text and answer the questions.

- 1 What should you do to become a bodybuilder?
- 2 What can you eat most when you practise bodybuilding?
- 3 How many calories does a basketball player need a day?
- 4 Why are bananas good for basketball players?
- 5 What do you think about the title of the text – Meals for medals?

- 3 **VOCABULARY PLUS** Use a dictionary to check the meaning of the words in blue in the text.

- 4 **USE IT!** Work in pairs. Do you think a good diet can bring you medals?