

Unit 7 Sports Nutrition II

Task 1 Nutrition and Fitness: Summary

Complete the text with appropriate verbs from the list. There is one verb you do not need to use. Change the form of the verb if necessary.

meet break down increase replace consume include restore
recommend transform fuel form

1. A gradual increase in regular physical activity is _____ for all healthy persons. A minimum plan _____ 30 minutes of physical activity on most (or all) days; 60 minutes a day provides even more benefit, especially if weight control is an issue. An intense program lasting about 60 to 90 minutes should begin with warm-up exercises to _____ blood flow and warm the muscles and end with cooldown exercises. Regular resistance activities and stretching add further benefits.
2. Human metabolic pathways extract chemical energy from food and _____ it into ATP, the compound that provides energy for body functions.
3. In carbohydrate fuel use, glucose is _____ into the three-carbon compound pyruvic acid, yielding some ATP. This is metabolised further via the aerobic pathway to _____ carbon dioxide (CO₂) and water or via the anaerobic pathway to form lactic acid.
4. Anyone who exercises regularly should consume a diet that _____ calorie needs and is moderate to high in carbohydrates and fluid and adequate in other nutrients such as iron and calcium.
5. Athletes should consume enough fluid to both minimise loss of body weight and ultimately _____ pre-exercise weight. Sports-drinks help _____ fluid, electrolytes, and carbohydrates lost during workouts. Their use is essentially appropriate when continuous activity lasts beyond 60minutes.
6. Plenty of carbohydrates should be in pre-event meal, especially for endurance athletes. High-glycemic-load carbohydrates should be _____ by an athlete within 2 hours after a workout to begin restoration of muscle glycogen stores. Some protein in the meal is also helpful.

Task 2 Passive Voice

Find examples of passive voice in the summary above. Then rewrite the sentences below into passive voice.

1. The athlete consults a nutritionist. The nutritionist
2. The athlete consulted a nutritionist. The nutritionist
3. The athlete has consulted a nutritionist. The nutritionist
4. The athlete should consult a nutritionist. The nutritionist
5. The athlete had to consult a nutritionist. The nutritionist
6. They are designing a new programme. A new programme

(For more practice go to:

<http://www.perfect-english-grammar.com/passive-exercises.html>)

Task 3 Speaking

Consider *caffeine* as a dietary supplement for athletes. What do you know about it? What would you like to learn about it? Ask questions about the issues that you are not completely familiar with.

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(<http://www.rice.edu/~jenky/sports/caffeine.html>)

Task 4 Listening – Coffee Addiction

Listen to a BBC podcast and write down useful vocabulary.

(http://www.bbc.co.uk/worldservice/learningenglish/general/sixminute/2014/05/140522_6min_coffee_addiction.shtml)

Task 5 Word formation

Use the word in brackets to form a word that fits the gap.

1. There was a general that she would win. (EXPECT)
2. Athletes have higher energy (REQUIRE)
3. What is the value of milk? (NUTRITION)
4. The swimmer needs to improve her habits. (DIET)
5. I eat (HEALTH)
6. During the match Dave was knocked (CONSCIOUS)
7. Many athletes believe that they must eat extra protein to build bigger muscles. (MISTAKE)
8. Starch that you eat is broken down into simple sugars in your tract. (DIGEST)
9. Iron can occur in vegetarians. (DEFICIENT)
10. Protein-rich foods that contain all the amino acids in quantities needed by the body are called “complete” proteins. (ESSENCE)