

# VIBE ACTIVITIES

## Healthy Tucker – Match Fit page 23

### Match fit

#### GOOD NUTRITION KEEPS YOU IN THE GAME

In keeping with our footy theme, this month's healthy recipe is all about a healthy footballer's diet for all you budding young sportspeople out there, with a handy little banana smoothie recipe to keep your energy levels up. Of course, you don't have to be a footy player to get benefits from following some of the staples of this diet. After all, a footballer's diet must enable the player to maintain peak levels of fitness throughout their games and everyday life.

The energy requirements for footballers are high, so they have to eat the right foods to stay in the game. However, because footballers are burning up so much energy, they tend to eat more food and carbohydrates than average, so if you're not burning up energy by regular exercise, you really want to keep an eye on how many calories you're consuming each day, and keep it at a healthy range. Remember, the best diet is the one tailored to you as an individual.

#### A FOOTBALL PLAYER'S DIET SHOULD BE:

**HIGH IN ENERGY** - Players eat three meals and regular snacks every day.

**HIGH IN CARBOHYDRATES** - High carbohydrate rich foods should be the basis for most meals and snacks to improve performance, recovery from training and the building of muscle mass. Great sources include breakfast cereal, bread, muffins, crackers and crisp breads, rice, pasta, potatoes, and fruit.

**MODERATE IN PROTEINS** - Proteins are an important part of helping to build and repair muscles that might have been injured during the match. Foods like meat, fish, chicken, eggs, dairy products, legumes (things like lentils and soy beans) and nuts are all high in protein. There is no need to eat masses of extra protein to "bulk up". Protein rich foods are not the main source of energy for exercise. In most cases the amount of protein required can be achieved simply by following a balanced healthy diet, which contains sufficient carbohydrate.

Players' diets change according to what part of the season it is. During season there will be a higher intake of

carbohydrates to protein, whereas this will be reversed during the off season.

**Low in fat** - Players try to avoid too much butter, margarine, fatty meats, high fat takeaway and snacks, fried food and creamy sauces.

**HIGH IN FRUIT AND VEGETABLES**

- Fruit and vegetables are necessary for preventing illness, building muscles and repairing injury. Players should include at least 5 servings of fruit and vegetables each day.

**LOW IN ALCOHOL** - Alcohol leads to poor recovery, slow repair of injury, and can contribute to excess weight.

**POST GAME** - Carbohydrate rich foods after a game help in recovery.

**SNACKS** - These may include a sandwich with low fat cheese, beef, chicken, tuna, boiled egg, bananas, fruit muffins, a bowl of cereal with low fat milk, low fat yoghurt, fresh fruit, dried fruit, low fat cereal bar, sports drink or fruit smoothies.

#### HEALTHY RECIPE



#### POST GAME BANANA SMOOTHIE RECIPE



- 1 banana
- 1 cup mango pieces
- 1/2 cup low-fat plain yoghurt
- 1/2 cup milk

Chuck it all in a blender, press go, and bob's your uncle, a delicious, healthy, energy packed banana smoothie...

Having a healthy diet is important, especially if you play a lot of sport, because you use up a lot of energy. Even if you don't play sport at a competitive level, you need to feed your body with healthy foods so you can perform well in all your tasks throughout the day.

A healthy diet includes protein, carbohydrates, vitamins and minerals, and low levels of salt, fat and sugar. Snacks should also include healthy ingredients.

This smoothie recipe has banana, mango, milk and yoghurt in it. This will give you energy, calcium and protein to help your bones and muscles to grow.



**What fruit do you like to have in your smoothies?**

**Read *A football player's diet should be...* on page 23**

## ACTIVITY 1

### BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- |                 |   |
|-----------------|---|
| <b>Literal</b>  | The answer is located in one sentence in the text.  |
| <b>Inferred</b> | You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know. |
| <b>Applied</b>  | The answer is in your background knowledge, what you already know or feel.  |

**1 Which of these foods is high in carbohydrates?**

(inferred)

- meat
- breakfast cereal
- fish
- butter



**2 Which foods should you eat to repair a muscle injury?**

(inferred)

- fatty takeaways
- fruit
- proteins
- chocolate

**3 When professional footballers are in their off season, they are more likely to eat**

(inferred)

- more cakes, bread and cereals
- a lot of junk food
- more carbohydrates and less protein
- more protein and less carbohydrates

**4 The text says, "There is no need to eat masses of extra protein to "bulk up." What does this mean?**

(inferred)

- Always eat lots of extra meat.
- Your body only needs a moderate amount of proteins.
- Buy your food in bulk to save money.
- Don't eat too much cereal and bread.

**5 Make a shopping list of foods you would need to eat if you were a professional football player.**

(applied)



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## ACTIVITY 2

### LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Players eat three meels and regular snacks every day.

Eat carbohydrates to improove performance.

Grate sources of carbohydrates include cereal.



- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Proteins help to repara muscles.

There are proteins in lentils and soy beens.

Players try to avoid fryed foods.

## ACTIVITY 3

### LANGUAGE CONVENTIONS - GRAMMAR

- 1** Which word correctly completes these sentences?

Football players train very hard \_\_\_\_\_ they need to be fit and healthy to play well.

- although
- because
- that
- however



## 2 Which word correctly completes these sentences?

\_\_\_\_\_ we all need proteins to be healthy, football players need a lot more.

- Although
- So
- If
- Because



## 3 Which word correctly completes these sentences?

During the season there will be a \_\_\_\_\_ intake of carbohydrates to proteins.

- high
- highest
- highs
- higher

## ACTIVITY 4

### LANGUAGE CONVENTIONS – PUNCTUATION

#### 1 Which sentence has the speech marks (“ ”) in the correct place?

- I always avoid fatty foods, alcohol and too much sugar, “says” Adam Goodes.
- I always “avoid fatty foods, alcohol and too much sugar,” says Adam Goodes.
- “I always avoid fatty foods, alcohol and too much sugar,” says Adam Goodes.
- I always avoid fatty foods, alcohol and too much sugar, “says Adam Goodes.”

#### 2 Which sentence is punctuated correctly?

- Players’ diets vary according to what time of the year it is.
- Players diet’s vary according to what time of the year it is.
- Player’s diet’s vary according to what time of the year it is.
- Players diets vary according to what time of the year it is.

### 3 Which punctuation is correct in this sentence?

- Would you like some yoghurt for a snack...
- Would you like some yoghurt for a snack?
- Would you like some yoghurt for a snack!
- Would you like some yoghurt for a snack.



## ACTIVITY 5

### WRITING A PROCEDURE



A recipe is a PROCEDURE text.

A PROCEDURE gives you step by step instructions about how to make something.

Here is the recipe for making a fruit smoothie.

Some of the words have been left out.

Use the words from the box below to complete the recipe.

	<h3>BANANA and MANGO SMOOTHIE</h3> <p><b>Ingredients</b></p> <p>1 banana 1 mango ½ cup low fat _____ yoghurt ½ cup milk</p>	
<p><b>Method</b></p>	<ol style="list-style-type: none"> <li>1. Cut one _____ into small pieces .</li> <li>2. _____ one mango into small _____.</li> <li>3. _____ half a cup of milk into a _____ .</li> <li>4. Add _____ a cup of low fat plain _____ .</li> <li>5. Add the _____ and blend until _____ .</li> <li>6. Enjoy!</li> </ol>	

<p>pieces banana smooth</p>	<p>half Pour Cut</p>	<p>yoghurt plain blender</p>	<p>fruit</p>
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# ACTIVITY 6

## WRITING AN EXPOSITION



An **Exposition** is a type of argument that states one point of view about an issue. (A **Discussion** argues **both** sides of an issue.)  
Here's how an **Exposition** is structured.

Argument type	Social purpose	Stages	Phases
<b>Exposition</b>	argues one point of view about an issue using persuasive language and persuasive and evidence	<p><b>Thesis</b></p> <p><b>Arguments</b></p> <p><b>Restatement</b></p>	<p><b>preview point of view and arguments</b></p> <p><b>statement</b> <b>evidence, examples (statistics, quotes)</b> <b>elaborations</b></p> <p><b>review arguments</b> <b>conclusions</b></p>

**TOPIC – Everyone should eat a healthy breakfast for a good start to the day.**



Write an EXPOSITION to argue your point of view.

**Think about:**

- examples, statistics, elaborations and other evidence to support your ideas.

**Remember to:**

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.