

# Premier Skills English

## Guess the mystery word Puzzle

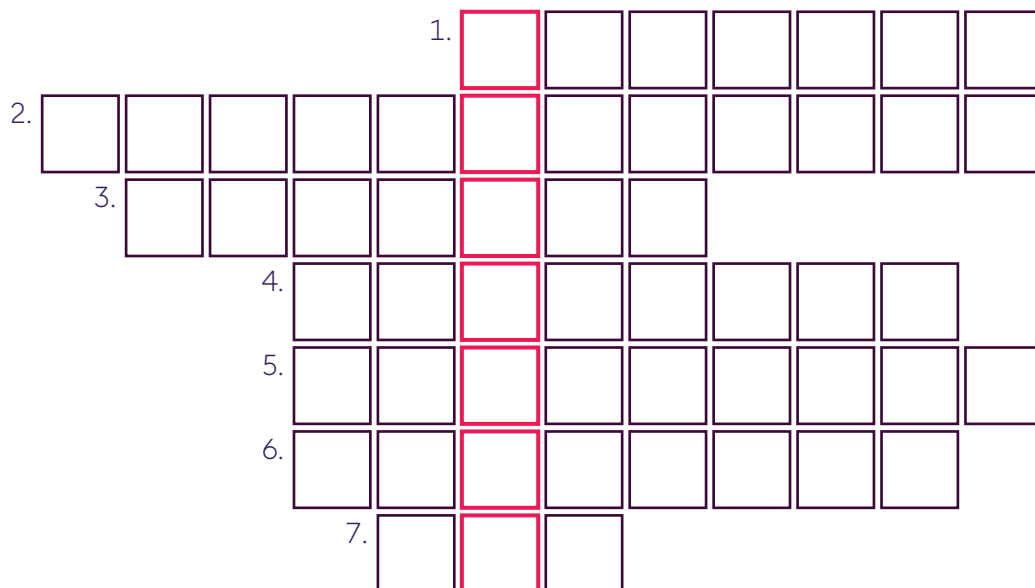
### COMPETITION

We have a new competition for you! If you can guess the mystery word, you have a chance of winning some football kit from your favourite Premier League team!

Here is what you have to do:

- Read the clues and write the answers into the boxes.
- Look at the mystery word spelled out by the letters in the pink boxes.
- Visit the Premier Skills English podcast page: [How to eat like a Premier League footballer](#).
- Write the mystery word in the competition form.

Complete the puzzle with the clues below.



### CLUES

1. This tells you the amount of energy that there is in food or drink.
2. Sugars, starch and fibre are types of these. They have lots of energy.
3. Meat, fish, beans and eggs all have lots of this nutrient.
4. If you eat the right foods in the right amounts you can say that your diet is this.
5. This is what Jack wants to do (in the podcast).
6. You should do this if you need to burn some calories.
7. This is a nutrient with lots of calories and an adjective that describes people who are overweight.