

# Premier Skills English

## How to eat like a Premier League footballer Worksheet 1

### VOCABULARY

In the podcast, Jack and Rich used a lot of vocabulary connected to health and fitness.

**Look at the sentences from the podcast, do you understand the words in bold?**

Sport and exercise is always good but I think **a balanced diet** is the key thing.

It might have a bit of **protein** but it's got too much **fat** – it's not **healthy**.

I need to **lose some weight** so I can **get into** my suit for the wedding.

Biscuits and cakes are highly **processed** and really **high in calories**.

**Fizzy drinks** contain lots of sugar. Water is best if you are **thirsty**.

### INSTRUCTIONS

**Match the words on the left with the descriptions on the right.**

#### VOCABULARY

1. fizzy drinks
2. processed
3. protein
4. a balanced diet
5. fat
6. calories
7. get into
8. lose weight
9. cut down
10. cut out

#### DESCRIPTIONS

- a. a white substance that is under the skin
- b. a substance that is found in foods such as meat and eggs
- c. a diet that contains the correct proportions of different types of food
- d. what is used to measure the amount of energy in food
- e. food that has been artificially changed from its natural form
- f. carbonated liquid; with bubbles
- g. to put on a piece of clothing
- h. to reduce the amount you weigh
- i. to reduce the amount of something
- h. to stop doing something completely