

**Lectura: La comida de los atletas (pp. 162-163)**

Skimming is a useful technique to help you get through a reading. You think of general information that you are looking for. Then you quickly read the words to find it.

A. List three things you would expect to find in an article about an athlete's eating habits.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

B. Skim the article and check off the things in your list from part A that you find.

C. Note that the pie chart in your textbook shows how much of an athlete's diet can be divided into three categories. Next to each category below, write the English translation of the word. Then fill in the percentage number according to the pie chart.

	English	Number
1. carbohidratos	_____	_____ %
2. proteínas	_____	_____ %
3. grasas	_____	_____ %

D. The reading in your textbook gives a picture and a short description of what foods are good for each big meal of the day. Next to each food given below circle whether the reading says it is best for D (desayuno), A (almuerzo), or C (cena).

- |                              |                |
|------------------------------|----------------|
| 1. D A C pan con mantequilla | 4. D A C papas |
| 2. D A C pasta               | 5. D A C jalea |
| 3. D A C yogur               |                |

E. Read the selection below and answer the questions that follow.

*La noche antes del partido, el jugador bebe un litro de jugo de naranja, y durante el partido bebe hasta dos litros de agua y bebidas deportivas.*

1. Circle the three kinds of drinks mentioned in the reading.
2. What is a *litro* in English? \_\_\_\_\_
3. When does the player drink a *litro* of orange juice? \_\_\_\_\_

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