

Part 7

You are going to read an article in which four athletes talk about what they eat. For questions **43–52**, choose from the athletes (**A–D**). The athletes may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Which athlete

enjoys cooking but finds the planning difficult?

43

has to carry food with him when training?

44

doesn't find it easy to eat before an event?

45

uses cooking as a way to relax?

46

sometimes allows himself certain food as a reward?

47

has seen a change in the diet of sports people?

48

once made the wrong decision about the food he ate?

49

says that people are unaware of what he actually eats?

50

says knowing what and when to eat is critical?

51

has had to change his diet with a change of sport?

52

Sports diets

Four athletes talk about what they eat.

A Mark

When I'm cycling on my own I stuff my pockets with bananas and protein bars. On the longest rides I'll eat something every half an hour. For heavier training it's physically impossible to get enough energy from food alone, so you do rely on energy drinks. One development in sports nutrition since I've been competing is the focus on the importance of protein. Cycling is much more weight-orientated than the swimming I used to do, which means I need to eat differently now. Protein feeds the muscles but keeps them as lean as possible. I've been an athlete for 20 years so healthy eating is normal for me, but that's not to say I don't get a tasty take-away meal from time to time. I've just learned to spot the meals that will provide what I need. It's simple things like steering clear of the creamy sauces and making sure I get lots of veg.

B Stefan

Everyone says: 'As a runner you must be on a really strict diet. Do you only eat salad? Are you allowed chocolate?' But that's really not the case. I've got salad and vegetables in my shopping trolley but there's always some chocolate in there, too. I do most of the cooking at home. On the morning of a competition, I get so nervous I feel really sick. I have to force myself to have something so I'll have enough energy to perform well. Sometimes I get those days where I don't want to be so disciplined. You think: 'I've trained really hard, I deserve to have a pizza.' It's OK to have a little relapse every now and then but I can't do it every day or I'd be rolling round the track!

C Guy

For a gymnast, a kilo can make all the difference. But if you don't eat enough you'll be a bit shaky and weak. It's all about eating the right amount, at the right time – two hours before you do anything. Breakfast is fruit and if I'm a bit peckish, wholewheat toast and butter! I get to training for 12 pm, then break after three hours for lunch – more fruit, a cheese and tomato sandwich. I'm back in the gym from 5 pm to 8 pm, then I go to my Mum's for steak and vegetables or chicken and salad. I don't tend to mix carbs with meat late at night. I'm not the best cook, but I think it's fun to do. I know how to make chicken from my mum's recipe, it just takes me a bit longer to get organised.

D Tomas

It's definitely possible to eat delicious food and be a professional swimmer. I've always loved food so I'm not going to be obsessive because you can get what you need and still enjoy every bite. I'm not really one for endless protein shakes and energy drinks. Before a training session I'd rather have a banana. That's not to say I'm perfect. At the world championships I got my feeding strategy wrong – and I paid for it. For my sport it's what you eat two days before the competition that makes the difference. You have to 'carb load' – eat piles of rice or pasta – and I didn't. I was leading for a long way but I ended up 11th. My biggest indulgence is pastry. And I love baking. I train for 33 hours a week so in my time off I need to rest, and spending time in the kitchen is perfect. Swimming is my biggest passion but baking comes a close second.

WRITING (1 hour 20 minutes)

Part 1

You **must** answer this question. Write your answer in **140–190** words in an appropriate style **on the separate answer sheet**.

- 1** In your English class you have been talking about relationships. Now, your English teacher has asked you to write an essay.

Write an essay using **all** the notes and give reasons for your point of view.

Which is more important – friends or family?

Notes

Write about:

1. who you can enjoy yourself with
2. who will help you when you have problems
3. ...(your own idea)

Write your **essay**. You must use grammatically correct sentences with accurate spelling and punctuation in a style appropriate for the situation.

Part 2

Write an answer to **one** of the questions **2–4** in this part. Write your answer in **140–190** words in an appropriate style **on the separate answer sheet**. Put the question number in the box at the top of the answer sheet.

- 2 You recently saw this notice on an English-language website called Book World.

Reviews wanted!

The best thriller I have ever read!

Have you read a thriller recently that you think other readers would enjoy?
Write us a review of the book. You should include information on:

- what it's about
- why it's exciting
- who you would recommend it to.

The best reviews will be posted on the website next month.

Write your **review**.

- 3 You see this announcement on an English-language website.

Write your **article**.

ARTICLES WANTED

The most interesting weekend of my life

Write us an article about the most interesting weekend of your life. Explain what happened and where, and why it was so interesting.

The best articles will be posted on our website.

- 4 You have received this email from your English-speaking friend, Kim.

It's really kind of you to let me stay at your flat while you're on holiday. Please could you let me know how to get the keys? And could you also tell me anything else I need to know about the flat and whether there's anywhere near that I can buy food?

Thanks, Kim

Write your **email**.