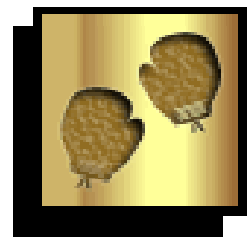
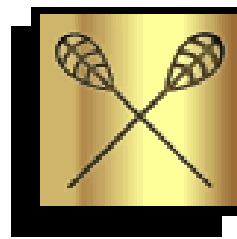
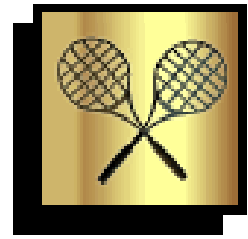
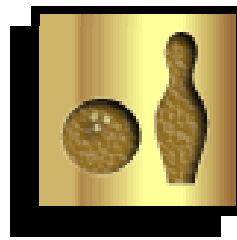
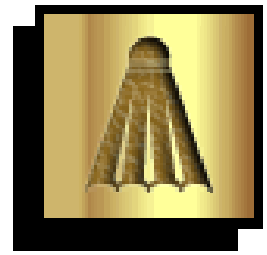


# Sporting Chance



# The Solid Gold Sports Quiz

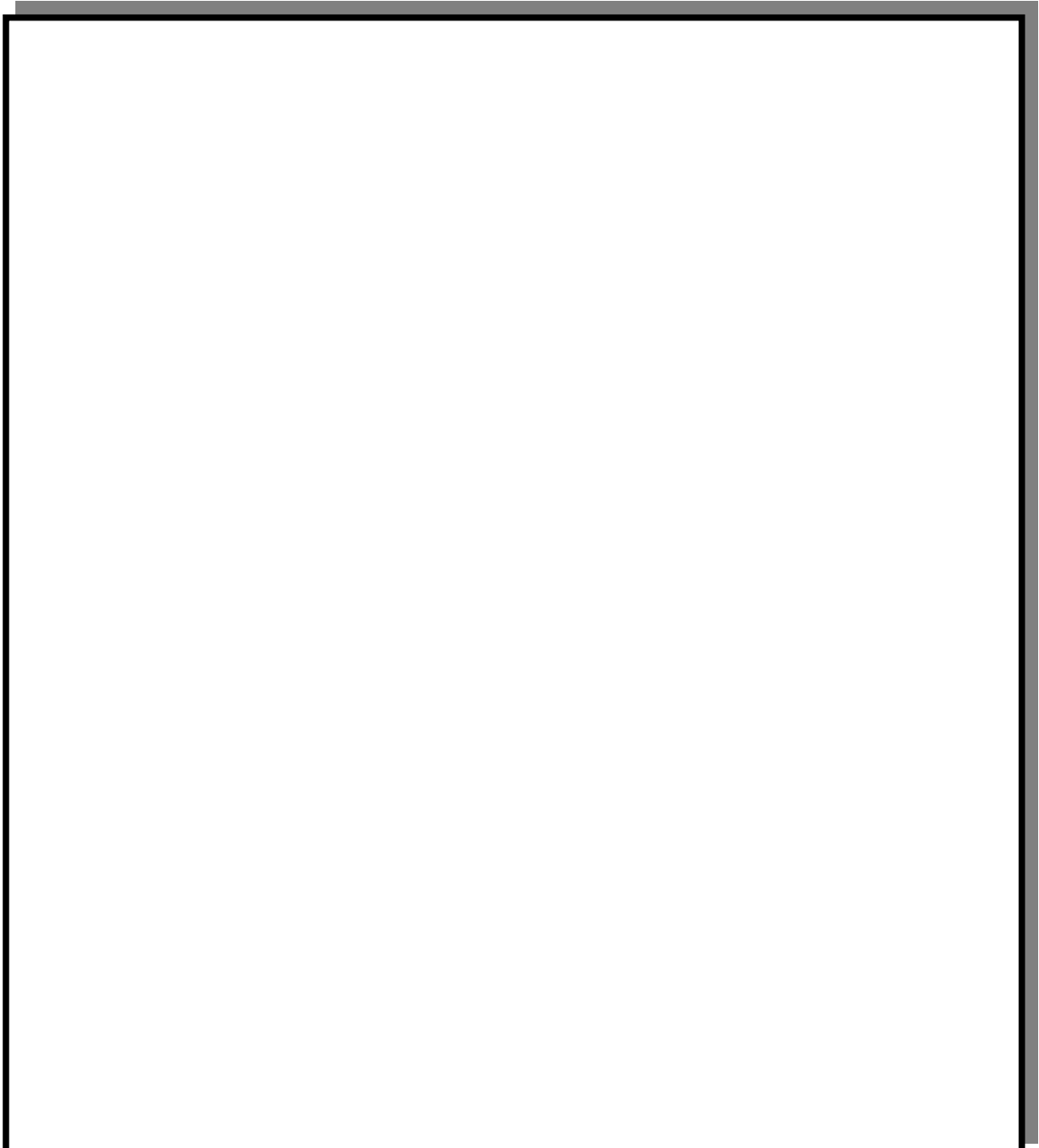


Can you name all these sports and spell the words correctly?

# Design For Healthy Living

Imagine you are an artist and you have been asked to design a 'healthy eating' poster to go with this slogan

*GIVE FAST FOOD THE  BOOT  
GET STUCK INTO VEG AND FRUIT*



## Olympic Champion



Kelly Holmes

## British



Relay Team

## Paralympics Wheelchair Racing



Tanni Grev-Thomson

If you want to become good at a sport you have to spend quite a lot of time training. You should also have a healthy, well-balanced diet. *Imagine* you are a famous sports person [you can choose whichever sport you like] Write about your life story and how you became a champion.

Here is a short story about a tennis champion, as an example.



# Champion

Maria Sharapova



I was born in Nyagan, in the Siberian region of Russia and moved to Sochi when I was four. It was at this age that I first began to play tennis. While playing in an exhibition tournament in Moscow I was spotted by tennis legend Martina Navratilova, who advised me to go to Nick Bollettieri's tennis academy in the United States.

I went to Miami with my father and arrived, uninvited, at Bollettieri's academy in Bradenton, Florida. One of Bollettieri's coaches agreed to take me on court to see what my tennis was like. He must have thought that I was good as I was invited to join the Academy.

When I came to the United States I was nine years old. I didn't see my mum for two years and I barely saw my dad for one year. I was living in a dormitory by myself and sacrificed a lot of things

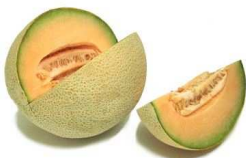
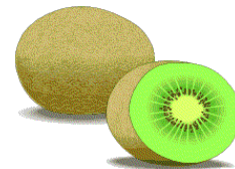
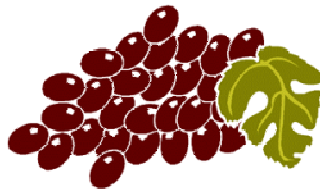
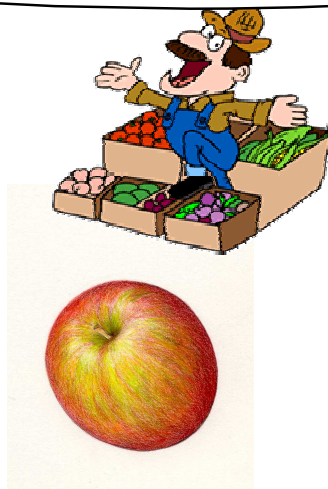
I turned professional on my 14<sup>th</sup> birthday. People started to notice my talent and I appeared in a magazine list as one of 20 teenagers who would change the world and one of the 21 athletes to star in the 21st century.

In March, 2004 I played Serena Williams for the first time. Although I didn't win that match I had won many matches against very good players. It seemed that all the hard work, exercise and good diet was about to bring me great success. In June 2004, my dream came true. I played Serena Williams in the finals of the Wimbledon Tennis Championship and WON!



# Juicy - C

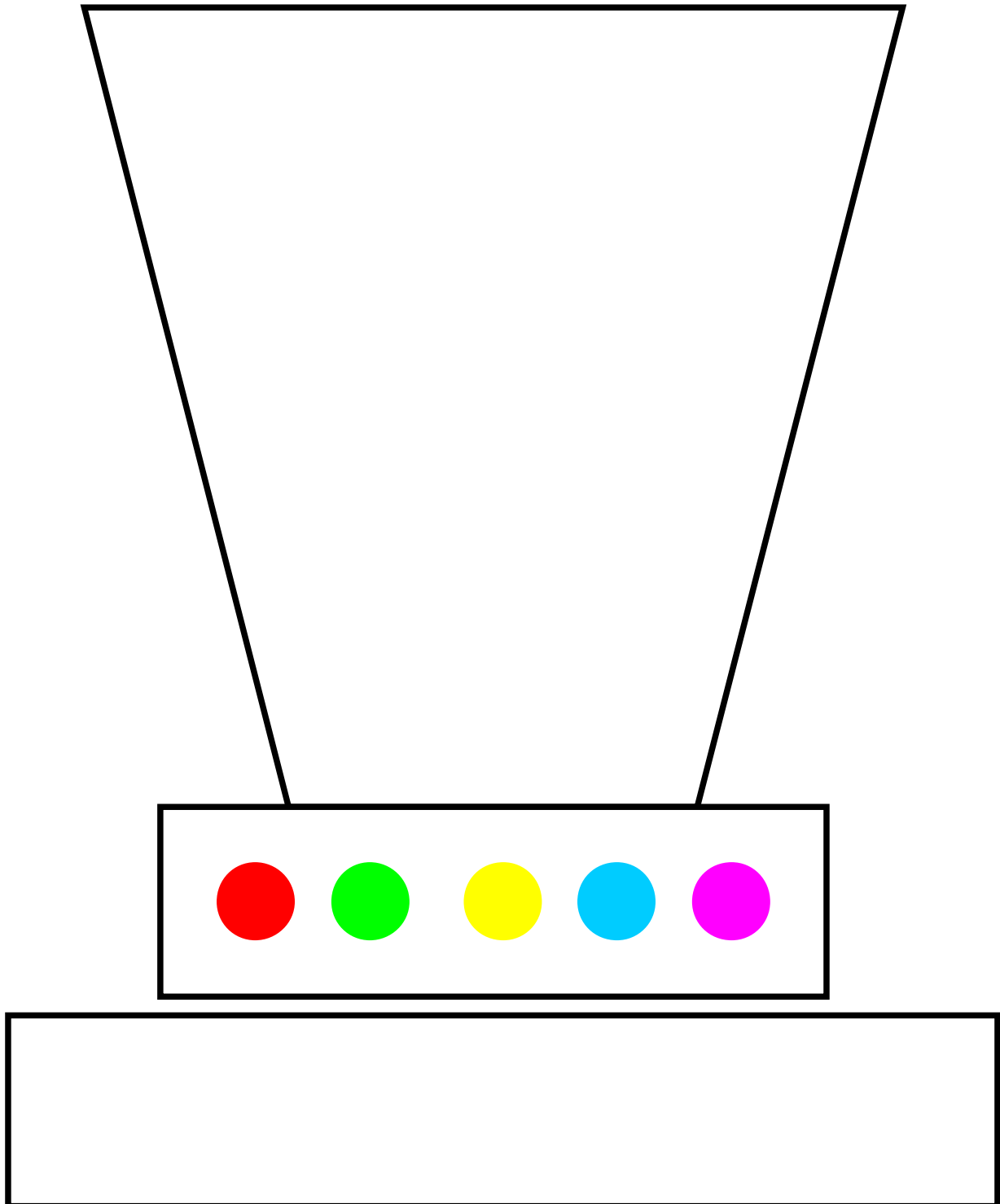
Vitamin C is really good for your body. It can help you keep healthy and protect your body from colds and infections. You can find vitamin C in oranges, lemons, pineapples in fact all fruit and vegetables are really good for your body and they taste great!



Can you name these fruits? Now go to the next page and create your very own fruit smoothie.

# My Fruit Smoothie

Choose 3 fruits that you think will make a super healthy smoothie and draw them in the blender. Give your super healthy smoothie a name and write it in the box at the bottom of the page.



# Healthy Food Choices



**Lean Meat**



**Fish**



**Broccoli**



**Peas**



**Beans**



**Fruit**



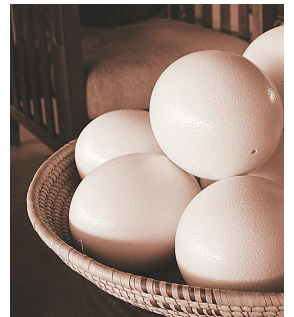
**Chicken**



**Pasta**



**Rice**



**Eggs**



**Milk**



**Cheese**



**Tomatoes**



**Porridge**



*Imagine* the manager of the England team has asked you to write a Healthy Eating menu for the England team. They've got to get into the finals of the World Cup! (Use the healthy food on the previous page as part of your menu).

## Breakfast

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## Lunch

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## Dinner

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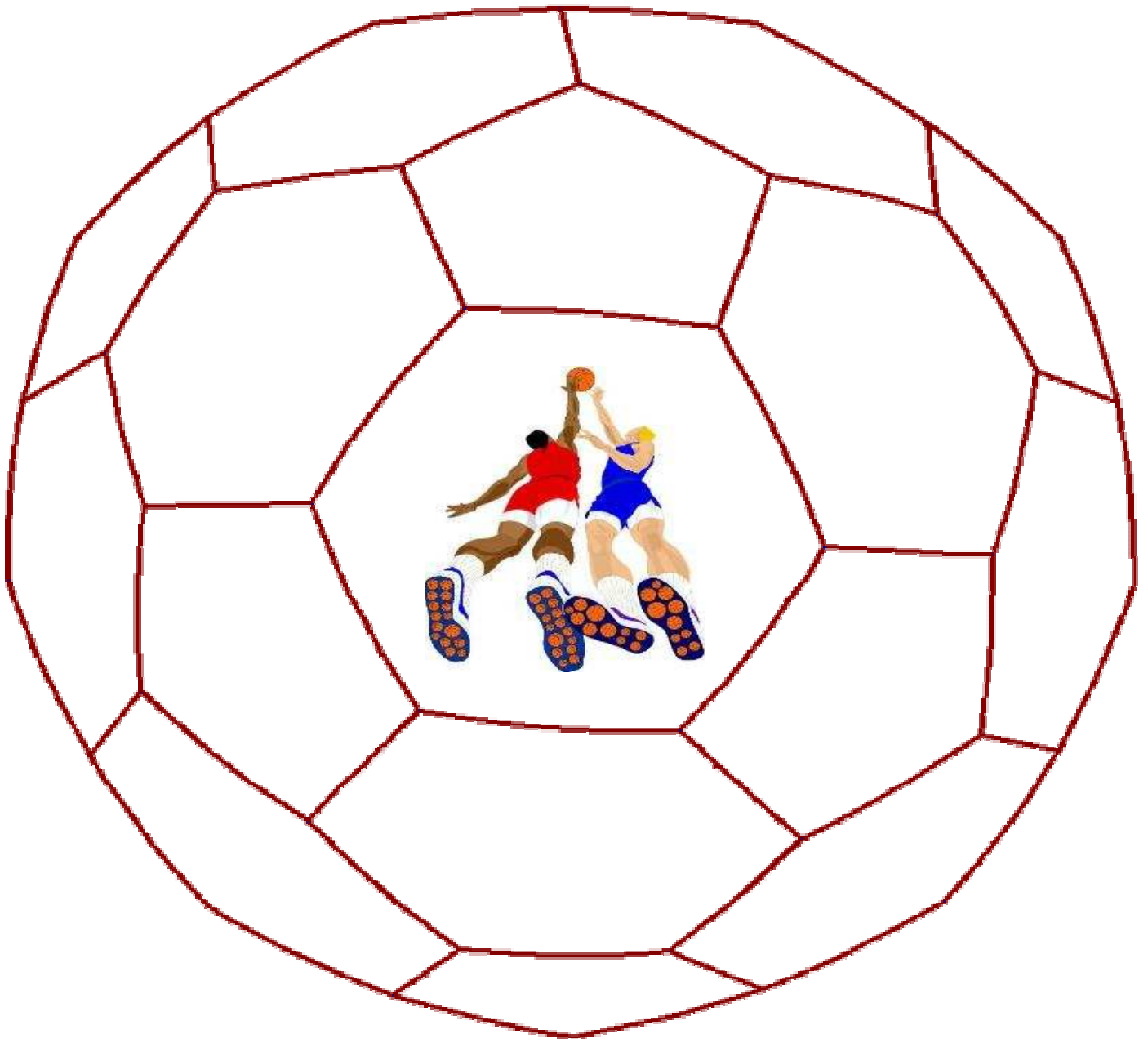
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# Perfect Pizza

Rocky McYum is a famous chef. He makes the healthiest pizzas in New York. Draw the ingredients for your own healthy pizza.



# My Sporting Chance Experiences



Using the football above, draw pictures of sports that you have enjoyed playing.