

Name \_\_\_\_\_

Word Count: 146

### Eating Like an Athlete

Pablo sat on the bleachers near the basketball court, watching the players practice. In his lap was a box containing a large pizza. Beside him were a bottle of soda and a bag of cookies.

“Do you want to play someday?” said a voice from nearby.

Pablo looked over to see the assistant basketball coach. He finished chewing.

Then he swallowed and said, “You bet! I’ll be old enough soon. Are there summer tryouts?”

“Yes,” said the coach. “You have to eat well to play, though. Those foods you’re eating are filled with sugar and fat.”

Pablo began to protest, but the coach held up his hand. “There’s no argument, really. If you don’t eat well, you get tired on the court.”

Pablo frowned, looking down at his snacks. Then he looked up again and grinned. “Okay. I’ll start eating better. I really want to play!”

