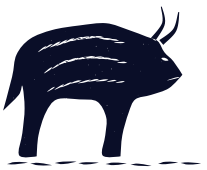
Name _____ Class _____ Date _____

The Pugilist's Diet

Worksheet · Grades 9+



Comprehension Questions

1. Who consulted the Physician regarding the pugilist's diet?

_____

2. What type of meat did the Physician recommend for the pugilist?

_____

3. Why did the Trainer believe beef-steaks were a better choice?

_____

4. What was the Physician's reasoning for suggesting a tougher cut of meat?

_____

5. What lesson or moral can be derived from the story?

_____

Vocabulary Exercise

Match the following words with their correct definitions. Write the letter of the correct definition next to each word.

Word	Definition
A. Pugilist	1. A person who fights with fists, especially a boxer.
B. Physician	2. A medical professional who diagnoses and treats illness.
C. Tender	3. Soft and easy to chew; not tough.
D. Digestible	4. Able to be broken down by the body for absorption.

E. Exercise	5. To engage in physical activity to develop fitness.

Writing/Reflection Task

Reflect on the story and its moral. Answer the following questions:

1. What do you think is the most important aspect of a diet for someone who is physically active?

2. How can this story be related to your own life or experiences?

3. Write a short paragraph summarizing the moral of the story:

Feel free to share your thoughts with a classmate or discuss the moral of the story in a group!