**Paraphrase Practice Activity**

1. Read the passage below from *Sports Nutrition for Young Athletes.* Re-read the passage a few times.
2. Cover it up and write your own version, in your own words. Maintain the facts in the passage.
3. Check your work carefully by looking at the original, ensuring you used your own words but kept the meaning.

First, record your source information carefully:

**Book**

Author: Anita Bean

Title of Book: Sports Nutrition for Young Athletes

Place of Publication: Richmond Hill

Publisher: Firefly Books Ltd.

Copyright date: 2010 Medium: Print

**Here is the original passage from page 9:**

As a rule of thumb, the higher the training intensity, the higher the proportion of carbohydrate used. During high-intensity aerobic activities, such as fast running or fast swimming, the muscles burn mostly carbohydrate and proportionally less fat. During lower-intensity activities, such as jogging or slow swimming, the muscles burn fewer calories per minute and proportionally less carbohydrate.

Most of the carbohydrate is supplied by the muscles’ store of glycogen. But this store is relatively small – enough to fuel perhaps 1 ½ -2 hours of intense exercise. Once glycogen levels become depleted, exercise starts to feel much harder and fatigue sets in. Starting a training session with high levels of muscle glycogen will help delay fatigue and increase endurance.

**Now, without looking at the original text, write a paraphrase of the passage:**

Paraphrase # 1: Be sure to maintain the key ideas, but do not use exact wording from the original text.

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Paraphrase # 2: Write another paraphrase of the passage that incorporates a direct quotation from the original text.

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**Did you cite your source for each paraphrase?** If not, go back and edit your work.

**Check the original passage to see that you have paraphrased properly.**