

-  **Carbohydrates**
-  **Fats**
-  **Protein**
-  **Fibre**
-  **Water**
-  **Vitamins & Minerals**



A balanced diet is food intake containing sufficient nutrients to achieve energy balance.

The 7 food classes that make up a balanced diet are listed and each have a range of important exercise related functions.



Can you identify one of the exercise related functions of each of the food classes using the drop down boxes?

## Carbohydrates

Provide energy for HIGH intensity activities & LOW intensity activities.

Join the food class to who you think might need it the most....

Marathon Runner  
Triathlete



## Fats

Provide energy for LOW intensity activities.

Weight lifting  
Intensive Training session for  
200m run



## Protein

Used for muscle GROWTH & REPAIR after INTENSIVE exercise

Football – midfielder  
Tennis player  
200 m swimmer

