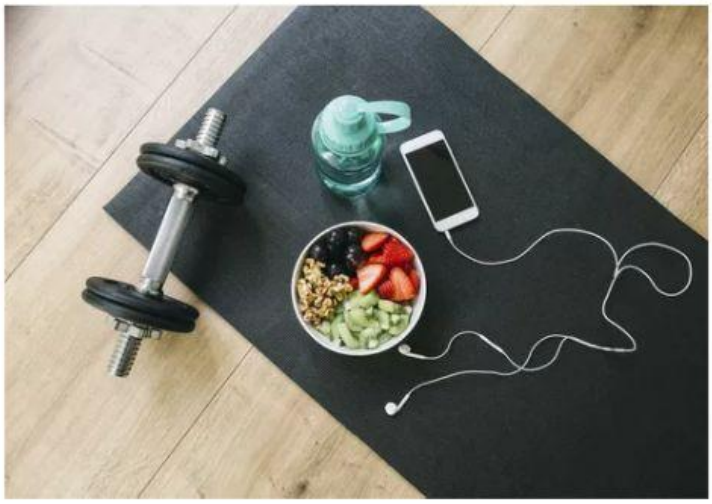
P.E CLASS | 7TH GRADE

TUESDAY September 28TH

SPORT AND NUTRITION

Science recognizes sports nutrition and energy intake as the *"cornerstone of the athlete's diet."*



Sports nutrition is the foundation of athletic success. It is a well-designed nutrition plan that allows active adults and athletes to perform at their best.

It supplies the right food type, energy, nutrients, and fluids to keep the body well hydrated and functioning at peak levels. A sports nutrition diet may vary day to day, depending on specific energy demands.

Sports nutrition is unique to each person and is planned according to individual goals.

Sports Nutrition Basics

The energy required for living and physical activity comes from the food we eat and fluid intake. Macronutrients in the following food groups supply the energy essential to optimal body function.

Carbohydrates

Carbohydrates are either simple or complex, and the most important energy source for the human body. Simple carbs include sugars naturally occurring in foods like fruits, vegetables, and milk.

Whole grain bread, potatoes, most vegetables, and oats are examples of healthy complex carbs. Your digestive system breaks down carbohydrates into glucose or blood sugar which feeds energy to your cells, tissues, and organs.

Proteins

Proteins are made up of a chain of amino acids and are essential to every cell of the human body. Protein can either be complete or incomplete. A complete protein contains all the amino acids needed by the body, and include animal sources like meat, fish, poultry, and milk.

Incomplete protein sources (typically plant-based proteins) often lack one or more of the essential amino acids. Essential amino acids can't be made by the body and must be supplied by food. Protein plays an important role in muscle recovery and growth.

Fats

Fats can be saturated or unsaturated, and they play a vital role in the human body. Unsaturated fats are considered healthy and come from plant sources like olive oil and nuts. Saturated fats are found in animal products like red meats and high-fat dairy, which are indicated to increase the risk of disease.

LIVEWORKSHEETS

Eating Disorders and Deficiencies

Eating disorders in athletes are not uncommon. Many athletes are required to maintain lean bodies and low body weight and exhibit muscular development. Chronic competitive pressure can create psychological and physical stress of the athlete leading to disordered eating habits.

Without proper counseling, adverse health effects may eventually develop. The most common eating disorders among athletes may include:

- Anorexia nervosa
- Bulimia
- Compulsive exercise disorder
- Orthorexia

ANSWER THE FOLLOWING

1. Sports Nutrition should be practiced by?

a. Those that are involved in Team Sports, Individual Sports & Mixed Sports

b. Those that are involved in Power Sports, Endurance Sports & Aesthetic Sports

c. Those that are involved in Winter Sports, Water Sports & Olympic Sports

d. Anyone involved in any type of Sport, Exercise, or anyone in general

2. Energy can be found in what type of foods?

a. Vitamins c. Proteins

b. Minerals d. Electrolytes

3. The Body's primary source of energy is?

a. Glycogen c. Fats

b. Carbohydrates d. Proteins

4. Carbohydrates are found in?

a. Grains

b. Dairy Products

c. Fruits & Vegetables

d. All answers listed are correct

5. Proteins help the body in all of the following ways Except?

a. Build & repair body tissues, bone & muscles.

b. Transport vitamins A, D, E, & K for the body to use.

c. Provide immune functions, enzymes, hormones & antibodies.

d. Transport & balance fluids in the body

6. Fats are found in all of the following foods Except?

a. Fruits

c. Meats

b. Dairy Products

d. Processed Foods

INVESTIGATE THE DEFINITION OF THE FOLLOWING WORDS:

- Anorexia nervosa
- Bulimia
- Compulsive exercise disorder
- Orthorexia

LIVEWORKSHEETS