


-  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

