



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



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

Provide energy for HIGH intensity activities & LOW intensity activities.

Fats



Provide energy for LOW intensity activities.

Protein



Used for muscle GROWTH & REPAIR after INTENSIVE exercise

Marathon Runner
Triathlete



Weight lifting
Intensive Training session for 200m run



Football – midfielder
Tennis player
200 m swimmer

