

The Importance of a Balanced Diet

To have enough energy and muscle to perform sports, an athlete needs to consume enough energy and muscle foods. By eating enough calories from a variety of foods, you will satisfy your need for **carbohydrates**, **proteins**, fat and **vitamins** and **minerals** to create that energy. Work through the task below:

1. Write down **three** reasons why a balanced diet is important when doing exercise.

- (i).....
- (ii).....
- (iii).....

2. Carefully planned nutrition must provide an energy balance and a nutrient balance. Fill in the **missing words** using the text and Food Guide Pyramid provided as a guide.



F..... - one source of energy and important in relation to fat soluble vitamins
V..... - play important roles in many chemical processes in the body
P..... - essential to growth and repair of muscle and other body tissues
C..... - our main source of energy
M..... - inorganic elements occurring in the body which are critical to its normal functions
W..... - essential to normal body function if only because 60% of the human body is water

3. Complete the table below, see example for guidance.

Nutrition	Source's	Needed for	Lack of: the effects
PROTEIN	Meat, fish	Muscle and tissue development and repair	Loss of muscle (e.g flu)
CARBOHYDRATES			
FATS			
VITAMINS			
WATER			

Create a food diary for three days

Breakfast	Lunch	Dinner	Snacks	Drinks

- On which day was your diet balanced the most?
- Highlight all protein foods green
- Highlight all carbohydrate foods yellow
- Highlight all fats foods orange
- Are you drinking enough water each day?