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)...........................................................................................................................................................................................................

1. 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 |  |  |  |