

Springbank Community High School Sports Nutrition Assignments

Part A – Sports Nutrition Seminar Assignment

The initial assignment is to be completed during the first nutrition seminar and handed in for grading.

Part B – Sports Nutrition Take Home Assignment

The second assignment is to be completed on your own time and handed in for grading.

Part A – Sports Nutrition Seminar Assignment

1. _____ is the major energy source for your muscles and your brain. List 3 food sources of this nutrient.
2. List 2 functions of protein in the body.
3. List 4 foods that have a good source of protein.
4. List 3 reasons why we need to eat some fat.
5. List 2 reasons why a high fat diet is not ideal for an athlete.
6. List 3 reasons why the body requires water.
7. List 4 signs of dehydration.
8. How do you know you are well hydrated?

9. How much fluid should you drink if you are training intensely for one hour?
10. List a situation where a sports drink would be useful.
11. Before training or competing you should choose foods high in _____ because they are digested quickly and are the major fuel for muscles. Choose foods moderate in _____ and low in _____ and _____ because they are digested slowly and may make you feel sluggish and nauseated.
12. How soon should you eat before training or competing? Explain.
13. List 3 ideas you could eat if you had 2 hours before training or competing for an event.
14. Your Recovery Meal is the most important meal of the day for an athlete. List the 5 R's for Recovery.
15. You should eat a source of _____ within 15–20 minutes of training. An example you could pack in your sports bag is _____ or _____.
16. List a Recovery Meal you could have within 2 hours of finishing training or competing.

Part B – Sports Nutrition Take Home Assignment

1. Keep a food diary of what you eat for one week (see attached handout)
2. Fill out the checklist “How is Your Nutrition?” (see attached handout)
3. Below list 2 goals based on what you think you need to work on based on the results of your food diary and the “How is Your Nutrition?” handout.

Make your goals SMART:

S: Specific

M: Measurable

A: Action

R: Realistic

T: Time

Example: For the next month I am committed to having vegetables in my lunch 4 days per week (such as raw carrots, V8 juice, cucumbers or grape tomatoes).

Goal #1:

Goal #2:
