

# Diet

<b>Diet</b>				
Identify the key food groups, describing why each is necessary and giving examples of foods.				
Define the term carbohydrate loading.				
Explain the differences between a marathon runner's diet and a weight lifter's diet.				

## Why is a balanced diet important?

A diet should contain the right amounts of each food group to ensure the body is getting the nutrients it needs to be able to perform.

## Food Groups

<b>Carbohydrate</b>	These are the body's energy source.	Pasta, bread, rice
<b>Protein</b>	This is important for the growth and repair of muscles.	Meat, beans
<b>Fat</b>	This is another energy source for the body.	Cheese, butter, milk
<b>Water</b>	This is important to ensure the body remains hydrated.	Water
<b>Fibre</b>	This supports the digestive system, making sure it works properly.	Cereals, oats
<b>Vitamins</b>	Support good health and are only needed in small amounts.	Fruit and vegetables
<b>Minerals</b>	Support good health and are only needed in small amounts.	Vegetables and meats

## Hydration

It is vitally important that athletes drink plenty of water, this ensures they stay hydrated and are able to perform to the best of their ability. It is also important water is replaced after exercise as water is lost when sweating occurs.

If an athlete is not properly hydrated they are likely to become fatigued (tired) sooner, this will reduce their performance.

## Specific diets

Some athletes will follow specific diets that are suited to their sport.

Carbohydrate loading- a marathon runner will need to eat more carbohydrate in the week before their event, as this is where their main energy source will come from.

High protein- a body builder or a weight lifter will need a high protein diet as this is what supports muscle growth and repairs any damaged muscle.

### **Dietary imbalance**

Anorexia- this is an eating disorder in which somebody will reduce the amount of food they eat. This can be caused by pressure to lose weight. This will cause tiredness and will prevent them being able to participate fully in sport as they are unable to create enough energy.

Obesity- this is an eating disorder in which somebody eats too much food, often high in fat and sugar. This will make it difficult to take part in physical activity due to the increased pressure on the heart and lungs.

Activities:

- Research into obesity and anorexia and create a poster for each which details the key causes and effects.
- Write a diet plan for a marathon runner and a weight lifter, for the week before their event and compare the differences.
- Cut out the table of food group and re construct it like a card sort.

Tips:

- It is important you know what each of the food groups do and can give examples of foods.
- It is important to know the differences between a marathon runner's diet and a weight lifter's diet, this is a common question.

### **Exam Questions**

What is dehydration? How can a performer avoid becoming dehydrated? (2 marks)

If a performer does not have a balanced diet they may experience problems. Name One of these problems (not dehydration), describe the problem and state how it may have occurred. ( 3 marks)

Which one of these helps the digestive system work efficiently?

- Fibre

- Water
- Protein
- Carbohydrate