Unit 7 Sports Nutrition II

Task 1 Food pyramid

Read the text about the food pyramid for endurance athletes, then summarise the differences between the standard diet and the diet of an endurance athlete.

Food pyramids are used to represent the portions of each food group you need to be healthy. Because athletes have different nutritional needs than non-athletes, food pyramid guides have been modified to show athletes what they should consume. In order to perform well, endurance athletes need to fulfil their energy, carbohydrate, protein and fat requirements.

Fruits and Vegetables

Endurance athletes do not need to eat more fruits and vegetable than non-athletes. Food guides recommend that everyone eats at least three servings of vegetables and two servings of fruit a day. According to the Swiss Society for Nutrition, it is okay to eat more than this recommended number of servings, but it may cause some athletes to experience gastro-intestinal problems.

Grains

Grains are an important part of an athlete's diet because they are the primary source of carbohydrates used for energy. Because whole grains are more nutritious than refined grains, they should be eaten more often. The recommended amount of carbohydrates for endurance athletes is about 6 to12 g per kg of body weight. This is based on the assumption that endurance athletes exercise at an intensity that is at least 70 percent of their aerobic capacity for more than 1 hour a day. Athletes can also eat refined sources of carbohydrates such as sports drinks and energy bars, to fill more immediate energy demands.

Dairy, Meat and Eggs

Dairy, meat and eggs are sources of protein, calcium and fat. Although athletes have higher protein requirements than non-athletes, they do not need to increase their intake of these food groups. According to a Swiss study published in the 2008 issue of the "International Journal of Sports Nutrition and Exercise Metabolism," athletes can fulfil their protein requirements by eating the recommended servings of meat, dairy and eggs, along with grains that contain protein. Many sports drinks and bars also contain protein to fill the demand.

Oils

Oils are a liquid form of fat that comes from plants. They are important dietary sources of essential fatty acids that you need for proper cell function and health. Athletes need more healthy fats than non-athletes because they have higher energy requirements. They should eat an additional half serving of oil for each hour of exercise by adding cooking oil to their food and eating nut products.

(http://www.livestrong.com/article/392079-food-guide-pyramid-for-endurance-athletes/)

COMPARING AND CONTRASTING PHRASES

Comparison

- Also
- Just as
- Similar to/ Similarly
- Same as
- Compared to/ with

Contrast

- However
- Nevertheless
- Although/ even though
- In contrast to
- In comparison to/ with
- While/ whereas
- On the other hand

Task 2 Modals

Study the sentences below. Do you understand the meaning of the modals used?

1. She can drink this sports-drink.
2. She may drink this sports-drink.
3. She should drink this sports-drink.
4. She should have drunk the sports-drink.
5. She must drink this sports-drink.
6. She mustn´t drink this sports-drink.
7. She doesn´t have to drink this sports-drink.
8. She had to drink this sports-drink.
9. She must have drunk this sports-drink.
10. She may have drunk this sports-drink.
11. She can´t have drunk this sports drink.

Now formulate you recommendations for athletes on nutrition before, during and after performance.

Task 3 Word formation

Use the word in brackets to from a word that fits the gap.

1. There was a general …….. that she would win. (EXPECT)
2. Athletes have higher energy ……. . (REQUIRE)
3. What is the …….. value of milk? (NUTRITION)
4. The swimmer needs to improve her …… habits. (DIET)
5. I eat …….. . (HEALTH)
6. During the match Dave was knocked …… . (CONSCIOUS)
7. Elderly people are not always …… to change. (RESIST)