

Unit 3 Nutrition in sport

Task 1 Food - vocabulary

Match words from the box with the words below to create meaningful phrases.

diet	fruit	eating	meal	salad	food	meat	weight
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lose / reduce/ put on / gain _____

a balanced / a healthy / an adequate/ a special / a poor/ a slimming/ a weight-loss

healthy / nutritious / organic / fresh / junk / fast/ convenience / GM _____

a light / a heavy / a big / a nourishing / a lovely / our main _____

ripe / tropical / rotten / tinned _____

white / red/ lean / fatty / raw / bad / frozen _____

a potato / a green / a fruit / a side _____

comfort / binge / _____ / disorder

Task 2 Listening

Listen to an expert talking about nutrition and take notes to answer these questions:

1. Do the nutritional needs of athletes differ from non-athletes?
2. Should I drink water or sports drinks while exercising?
3. How do I pick the right sports drink?
4. What are electrolytes?
5. Is it possible to hydrate too much?

(<http://www.videojug.com/interview/fitness-and-nutrition?>)

Task 3 Case study

Planning a Training diet

Michael is training for a 10km run coming up in 3 weeks. He has read a lot about sports nutrition and especially about the importance of eating a high-carbohydrate diet while in training. He has also been struggling to keep his weight in a range that he feels contributes to better speed and endurance. Consequently he is also trying to eat as little fat as possible. Unfortunately, over the past week his workouts in the afternoon have not met his expectations. His run times are slower, and he shows signs of fatigue after just 20 minutes into his training programme.

His breakfast yesterday was a large bagel, a small amount of cream cheese, and orange juice. For lunch, he had a small salad with fat-free dressing, a large plate of pasta with broccoli, and a diet soft drink. For dinner, he had a small broiled chicken breast, a cup of rice, some carrots, and iced tea. Later, he snacked on fat-free pretzels.

In pairs, answer the following questions:

1. Is the high-carbohydrate diet a good idea during Michael's training?
2. Are there any important components missing in Michael's diet? Are missing components contributing to his fatigue?
3. Describe some changes that should be made in Michael's diet including some specific foods that should be included.
4. How should fluid needs be met during workouts?
5. Should Michael focus on fuelling his body before, during or after workouts?