**Date given: Thursday 30th April, 2020  
Date due: Wednesday 6th May, 2020**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Grade 9 + 10**

**Subject: CSEC Physical Education and Sport**

Topic: video for viewing: **“The Power of Nutrition” by Luke Corey  
Instructions:**Answer ALL the following questions.  
Type your responses into this document. Total: 65 marks

1. As a sports nutritionist for “the Lakers”, Luke Corey nutritional support the members by doing these four tests.  
   List **three (3)** of these tests. [3 marks]
2. a) Define optimal nutrition. [2 marks]  
   b) What is the impact of Optimal Nutrition on:  
    (i) athletic performance? [4 marks]  
    (ii) day to day performance? [4 marks]
3. What is the **DIFFERENCE** between:  
   a) **Poor Nutrition** vs. b) **Optimal Nutrition**  
    i) i)  
    ii) ii)  
    iii) iii)  
    iv) iv) [8 marks]
4. **List** the FIVE BASICS of Optimal Nutrition. [5 marks]
5. **List** and **describe** the THREE common eating routines. [9 marks]

|  |  |
| --- | --- |
| **Routine** | **Description** |
| i) | i) |
| ii) | ii) |
| iii) | iii) |

1. a) What are the FOUR (4) key nutrients? [4 marks]  
   b) What are the TWO (2) key nutrients needed by athletics? [8 marks]
2. Describe an example of how one can upgrade one’s meal. [3 marks]
3. a) Explain how Portion Sizes using hands can support Optimal Nutrition for teens.  
   b) Using portion numbers for 2000 calories a day for a teen boy. Plan one Breakfast. Complete this meal:  
   **BREAKFAST:** ***Foods***  
   2 protein: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_ grain/ staple: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   2 fruits/vegetable: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_ fruit juice: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [6 marks]
4. How can hydration changes impact your body negatively? [6 marks]

|  |
| --- |
| i) |
| ii) |
| iii) |
| iv) |
| v) |
| vi) |

1. Calculate your daily hydration requirement using this formulae:  
   a) = \_\_\_\_\_(i)\_\_\_\_ fluid ounces needed per day.  
    Change \_\_\_\_\_(i)\_\_\_\_\_ fluid ounces to millilitres = \_\_\_\_(ii)\_\_\_\_ milliltres  
    Change \_\_\_\_(ii)\_\_\_\_\_\_ millilitres to litres = \_\_\_(iii)\_\_\_ litres  
     
   *Formulae:*  
    *fluid ounces* ***×*** *29.5735296 = millilitres  
    millilitres* ***÷*** *1000 = litres* [8 marks]

**THE END**