

Y9 & 10 Nutrition Task

Nutritional element	Found in	Role (what each does)	Importance to health	Importance to performance
Carbohydrates				
Protein				
Fats				
Vitamins				
Minerals				
Fibre				
Water				

Exam Questions

1. Name the key role of protein within a balanced diet (1 mark).
2. Provide a food example where fats can be found (1 mark).
3. Explain how blood shutting occurs within the body during exercise (2 marks).
4. Name two micro nutrients (2 marks).

5. Discuss the importance of a balanced diet for a long distance runner (4 marks).
6. Explain how timing of protein intake could improve performance in one physical activity or sport (4 marks).