

Unit R183: Nutrition and sports performance (healthy, balanced nutrition plan)

(Topic Area 1: Nutrients needed for a

Step 3: (1.2) The role of nutrients in sports and their sources

Proteins repair muscle damage

- ☐ Fibre helps digestion and prevents constipation
- ☐ Water keeps the body hydrated, regulate temperature, helps remove waste products
- ☐ Vitamins and minerals help strengthen bones, maintain a healthy immune system

Write up assignment

Step 4: Write up of Task 1

Complete write up of Task 1

Step 2: The role of nutrients in sport and their sources (1.2) Carbohydrates and fats

Carbohydrates give a quick supply of energy – sugars and starchy carbohydrates

Simple carbohydrates – oranges, biscuits

- Complex carbohydrates - rice, potatoes

Fats – give a slower supply of energy and transport some vitamins around the body – include good fats and bad fats

Step 1: The characteristics of a balanced nutrition plan(1.1)

Meeting the nutritional requirements of an individual

- ☐ Including foods from all of the food groups
- ☐ Carbohydrates: Fats

Proteins

Fibre

Water

Vitamins and minerals

- ☐ Containing a variety of foods

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