

In this unit: Pupils will revisit the work on balanced diets. They will learn about how they dietary requirements of athletes differ from that of them. They will apply their learning in creating a healthy menu for an athlete competing in the Tour de Yorkshire race.

Children should already know:

- that there are 5 different food groups – carbohydrates, protein, fats, dairy and fruit and vegetables (vitamins and minerals).
- that they should eat 5 portions of carbohydrates, 5 portions of fruit and vegetables, 4 portions of protein, 3 portions of dairy and 1 portion of fats as part of a balanced diet.
- that there are health benefits to a balanced diet.
- that some people have different diets due to preference, allergies or intolerance.

At the end of this unit, children will know:

- that athletes require a different diet to regular humans.
- that endurance athletes require increased amounts of carbohydrates to produce the required amount of energy.
- that athletes require more protein to repair and build muscle.
- that fat can be used to produce energy over a long period of time.
- how to create cheap and healthy meals.
- the nutritional value of some locally produced foods.
- that some foods have high levels of food miles and this affects their price.

Pupils could investigate:

- the amounts of carbohydrates, fats and proteins required by endurance athletes.
- how athletes can get their daily requirements through a healthy, balanced diet.
- which foods are best for athletes to eat and why.



### Usain Bolt, Sprinter

Diet Type: High in carbs and protein

**Breakfast**

- Egg sandwich

**Lunch**

- Pasta
- Corned beef or fish

**Dinner**

- Broccoli
- Yams
- Chicken or other meat
- Jamaican dumplings

**Snacks**

- Fruit (mango, pineapple, apples)

Key Vocabulary	
allergy	your immune systems (body's) reaction to certain foods etc
athlete	a person who takes part in competitive sports events
balanced diet	a variety of food that you eat regularly and which keeps you healthy
carbohydrates	a nutrient found in sugary or starchy foods such as potatoes; it is necessary for energy
endurance	the ability to keep working over a period of time without giving up
fat	a nutrient used by the body to create energy over a long period of time; if it is not burned, it is stored in fat cells
fibre	a complex carbohydrate that doesn't get broken down and absorbed - it passes undigested into your bowel
food group	a collection of foods that share similar nutritional properties
increased	become greater in amount or size
intolerance	a difficulty in digesting a particular food - can lead to problems within the body
minerals	substances found in foods; each one as a specific role in keeping your body working correctly
nutrients	substances that provide nourishment essential for the maintenance of life and for growth
preference	a greater liking for one food type than others
protein	a nutrient found in foods such as fish; it is necessary for growth and repair in the body
requirements	a thing that is needed or wanted
vitamins	substances found in foods; each one as a specific role in keeping your body working correctly

Key Questions:

- do athletes require the same diet as everyone else?
- do all athletes require the same diet?
- what foods do athletes eat?
- can athletes eat [chocolate] as part of a healthy balanced diet?
- why do athletes require more carbohydrates, proteins and fats than regular humans?

