

Chris Froome

Tour De France Cyclist

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|  |  | **Food Groups** | **Justification** |
| Breakfast |  |  |  |
| Lunch |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |



Usain Bolt

100m/200m/4X100m Relay Runner

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|  |  | **Food Groups** | **Justification** |
| Breakfast |  |  |  |
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| Dinner |  |  |  |
| Snacks |  |  |  |



Simone Biles

USA All-round Gymnast

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| Breakfast |  |  |  |
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Exam Questions

1. What are the clear differences between the three athlete’s diets? Why is this? **(4 marks)**
2. How does your diet compare to the athletes? What are the main differences? **(4 marks)**
3. What food group would an endurance athlete predominantly eat when leading up to a big competition/race and why? **(4 marks)**
4. What are the consequences of consuming too much fat in your diet? **(5 marks)**