

Planning a Diet for Elite Athletes (Typical Day)
Two sessions of training (gym session and sport specific training)



Chris Froome
Tour De France Cyclist

		Food Groups	Justification
Breakfast			
Lunch			
Dinner			
Snacks			

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Usain Bolt
100m/200m/4X100m Relay Runner

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Simone Biles
USA All-around Gymnast

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Exam Questions

- 1) What are the clear differences between the three athlete's diets? Why is this? (4 marks)

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

- 2) How does your diet compare to the athletes? What are the main differences? (4 marks)

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- 3) What food group would an endurance athlete predominantly eat when leading up to a big competition/race and why? (4 marks)

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- 4) What are the consequences of consuming too much fat in your diet? (5 marks)