

# FACTORS AFFECTING PERFORMANCE

## DIET

Qu. Who is and how heavy is the worlds heaviest man? \_\_\_\_\_

- **There are 7 kinds of nutrients;**

**C** \_\_\_\_\_, **F** \_\_\_\_\_, **V** \_\_\_\_\_, **P** \_\_\_\_\_,  
**M** \_\_\_\_\_, **W** \_\_\_\_\_, **F** \_\_\_\_\_,

These nutrients are needed for;- \_\_\_\_\_

	Food Source;-
<b><u>Carbohydrates</u></b> ☺ Provide a quick source of energy, ☺ Fuel for muscles during exercise, ☺ Converted to fat if eaten in excess 2 TYPES; _____ _____	
<b><u>Fats (Saturated Fats &amp; Polyunsaturated Fats).</u></b> ☺ Fuel when resting, ☺ Fats/oils an essential for good health 2 TYPES; _____ _____	
<b><u>Proteins</u></b> ☺ A major part of the body – cells, skin, muscles and hair, ☺ Not an energy provider, ☺ Can not be stored.	
<b><u>Vitamins</u></b> ☺ Essential in minute quantities ☺ Protective substances – lack of illness, disease. ☺ A - Eyes ☺ B – Skin, Nails, Hair ☺ C – Resistance to infection ☺ D – Bones, Teeth ☺ K – Blood clotting	

<b><u>Minerals</u></b> ☺ Growth, ☺ Regulate body processes. ☺ Sodium – regulates body fluids ☺ Iron – Helps blood carry oxygen ☺ Calcium – Bones and teeth	
<b><u>Water</u></b> ☺ <b>Most essential</b> – 60% of body weight ☺ Provides moisture for living tissue ☺ Helps chemical reactions ☺ Stops of dehydration ☺ No calories	
<b><u>Fibre</u></b> ☺ Found in plant cells ☺ Can not be digested, ☺ Absorbs water – creates bulk in intestines ☺ Lowers blood cholesterol. <b>LACK OF =</b> _____	

## **A BALANCED DIET**

\_\_\_\_% Carbohydrates

\_\_\_\_% Fat

\_\_\_\_% Protein

This depends on ❶ \_\_\_\_\_ ❷ \_\_\_\_\_ ❸ \_\_\_\_\_

## **A Healthier Lifestyle**

## **Key Definitions**

### **Nutrient**

Are chemical substance in food that are essential for proper functioning of the body.

### **Nutrition**

Is the science of nourishing the body properly.

# FACTORS AFFECTING PERFORMANCE

## DIET

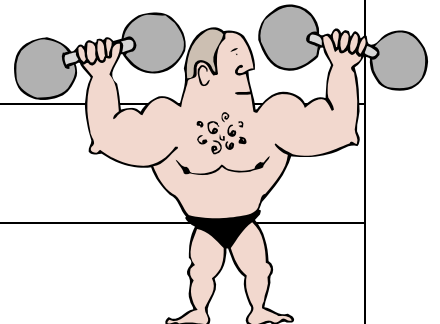
---

### EATING FOR SPORT

### CARBOHYDRATE LOADING



### HIGH PROTEIN



# DIETARY NEEDS DURING TRAINING/COMPETITION

