**Nutrition & Obesity Questions**

**Nutrition**

* What do you understand by the term balanced diet? *(1 mark)*
* Briefly explain how **two** different named classes of food in an athlete’s diet will aid his/her performance. *(2 marks)*
* Explain how **and** why the diet of a competitive weightlifter may need to differ

from that of an untrained individual. *(4 marks)*

* State **two** classes of food that are most suitable for players who require stamina

**and** why they are needed in their diet. *(3 marks)*

* Describe **two** benefits to athletes of including ‘fat’ in their diet. (*2 marks)*
* Explain how a diet containing sufficient ‘vitamins’ **and** ‘minerals’ contributes to

effective performance. *(2 marks)*

**Obesity**

* Define the term obesity and suggest one limitation for any definition of this term (2 marks)
* How is ‘Body Mass Index’ (BMI) calculated? *(2 marks)*
* How may ‘obesity’ affect performance in different activities? *(2 marks)*
* Too much dietary fat may cause obesity. Which diseases are associated with

‘obesity’? *(3 marks)*

**Nutrition & Obesity Answers**

**Nutrition**

**What do you understand by the term balanced diet? *(1 mark)***

*Sufficient/enough/correct amount of each component*

**Briefly explain how two different named classes of food in an athlete’s diet will aid his/her performance. *(2 marks)***

*A. Sufficient carbohydrates for energy*

*B. Sufficient fats for energy*

*C. Sufficient protein – (muscle) growth/repair development*

*D. Sufficient minerals – bone formation/muscle function/increased (energy) metabolism/ electrolyte balance/blood formation/equiv*

*E. Sufficient vitamins – increased (energy) metabolism/blood formation/equiv;*

*F. Sufficient water – medium for reactions/lubricant/ regulate temperature/avoid dehydration*

**Explain how and why the diet of a competitive weightlifter may need to differ**

**from that of an untrained individual. *(4 marks)***

A. Extra calories/carbohydrates/fats for energy/respiration /ATP resynthesis;

C. Extra protein; Protein for muscle growth and repair/development/equiv

E. Extra vitamins and minerals for higher metabolism/muscle nerve functioning/tissue growth/energy release from

foods/equiv;

G. Extra fluid/water to avoid dehydration/replace losses through sweating/ temperature

**State two classes of food that are most suitable for players who require stamina**

**and why they are needed in their diet. *(3 marks****)*

*A. Carbohydrates/glucose/sugar;*

*B. Fats/lipids/triglycerides;*

*C. Energy/ATP/respiration*

**Describe two benefits to athletes of including ‘fat’ in their diet. (*2 marks)***

A. Used as an energy source

B. Contains fat-soluble vitamins/essential fatty acids

C. Acts as insulator

D. Slow release/low intensity

**Explain how a diet containing sufficient ‘vitamins’ and ‘minerals’ contributes to**

**effective performance. *(2 marks)***

A. Vit K/folic acid/Vit B12/iron - helps production of red blood cells/

haemoglobin;

B. Calcium/phosphorus /Vit D for bones;

C. Calcium / magnesium for muscle contraction;

D. Vit B2/niacin/phosphorus/sodium/iron – energy metabolism;

E. Potassium/sodium/calcium – nerve transmission

**Obesity**

**Define the term obesity and suggest one limitation for any definition of this term (2 marks)**

* Obese= 20-30% + body fat/ BMI >30/40
* Limited because measurement is inaccurate/subjective/difficult to measure/could have big muscles/large frame/physique

**How is ‘Body Mass Index’ (BMI) calculated? *(2 marks)***

*A. Height and weight/mass;*

*B. Weight divided Height 2/ squared.*

**How may ‘obesity’ affect performance in different activities? *(2 marks)***

*A. Limits stamina/endurance/cardiovascular/cardio-respiratoryendurance;*

*B. Limits flexibility/mobility;*

*C. Limits agility/speed/power;*

*D. Causes cancer/heart disease/heartattacks/diabetes/high cholesterol/high fats/high lipids in blood/atherosclerosis/(osteo)arthritis/highblood pressure/hypertension/stroke/*

*lung disease/liver disease/gall bladder disease/gout/(deep vein) thrombosis/psychosocial problems/ depression.*

**Too much dietary fat may cause obesity. Which diseases are associated with**

**‘obesity’? *(3 marks)***

A. Heart disease/heart attacks

B. Diabetes

C. High blood pressure

D. High cholesterol/fats/lipids in blood/atherosclerosis

E. Stroke

F. Lung disease

G. Liver/gall bladder disease

H. (Oesteo) arthritis

I. Gout

J. Cancer

K. (Deep vein) thrombosis

L. Psychosocial problems/depression