

# PE WORK- YEAR 9

**A BALANCED DIET CONSISTS OF...**

**CAN YOU DESCRIBE EACH COMPONENT?**

**MACRO NUTRIENTS**

**C**

**F**

**P**

**MICRO NUTRIENTS**

**V**

**M**

**F**

**W**

## Starter

Why is it important for me to have a balanced diet?

Explain the importance of micronutrients in maintaining a healthy, active lifestyle.

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(2 marks)

Describe a suitable meal for an athlete the night before a run.

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(5 marks)

**BREAKFAST:** .....

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**LUNCH:** .....

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**DINNER:** .....

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**DRINKS:** .....

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Make a record of everything you eat and drink for a day. Does it match up with the eatwell plate?