Name _____ Date _____ Class _____

Activity 1

The ABCs of Athlete Nutrition

Purpose: To review sound advice related to nutrition for athletes.

Directions: In the space provided to the left of each number, write the term or terms that correctly complete each statement. Each guideline is related to preparing for an athletic event.

_____ 1. **A**thletes should choose food that is low in fat and protein and high in __?__ for their pregame meals.

_____ 2. **B**e sure to eat __?__ hours before the event, to allow for proper digestion.

_____ 3. **C**hoose foods high in complex carbohydrates for pre-event meals. __?__
_____   and __?__ take much longer to digest.

_____ 4. **D** __?__ can result when the body lacks adequate fluids during a strenuous workout.

_____ 5. **E**ating excess amounts of __?__ from food or supplements does no good and can also be harmful.

_____ 6. **F**orget __?__ foods. They can cause a sudden rise and fall in blood sugar levels.

_____ 7. **G**et your nutrients, including salt, potassium, and other minerals, from well-chosen meals and snacks. Avoid __?__ drinks because they draw fluids from the body.

_____ 8. **H**ave sports __?__ on hand that contain carbohydrates and electrolytes for any event that lasts longer than 90 minutes.

_____ 9. **I**nclude at least __?__ cups of fluids with your pre-event meal.

_____ 10. **J**ump on the scales before and after the event to find out how much water you need to replace. Drink __?__ cups for every pound (500 g) of weight lost.

_____ 11. **K**eep your pre-event meal based on foods that are high in complex carbohydrates. Eating three to four hours before the event allows time for foods to be __?__ properly.

_____ 12. **L**end a hand if you see someone suffering from heat stroke or heat __?__, which require immediate medical attention.

_____ 13. **M**ost of an athlete's nutritional needs can be met by following the recommendations in the __?__.

Activity 2

Nutrition During Pregnancy

Purpose: Describe the nutrition needs during pregnancy and lactation.

Direction: In the space provided to the left of each number, write the word or words that correctly complete each statement.

_____ 1. The unborn baby is called a(n) __?__.

_____ 2. The fetus __?__ control the kinds and amounts of nutrients it receives.

_____ 3. The __?__ alone is responsible for supplying nutrition for the fetus through proper food choices.

_____ 4. A woman usually doesn't learn she is __?__ until a month or more into the pregnancy.

_____ 5. Even if a woman doesn't know she is pregnant, she is still the __?__'s only source of nourishment.

_____
_____ 6. Pregnancy is not the time for __?__ - __?__ diets.

_____
_____ 7. Poor nutrition increases the chance that the baby will have a low __?__ __?__.

_____ 8. Most teens are __?__ immature, and are more likely to have difficult pregnancies.

_____ 9. As soon as a woman learns she is pregnant, she should see a(n) __?__.

_____ 10. The need of __?__ foods during pregnancy increases three to four amounts of food per day.

_____ 11. __?__ needs double during pregnancy.

_____
_____ 12. Caffeine should be consumed in __?__ __?__.

_____
_____
_____ 13. Women should expect to gain around __?__ to __?__ pounds, as much as __?__ pounds for twins.

_____ 14. Healthy women only need to increase their intake by __?__ calories.

_____ 15. Development in this __?__ period depends on getting the right nutrients.