

# Sports Nutrition Guidelines

## Summary

Students will learn sports nutrition guidelines for athletes and/or an active lifestyle including training, pre-event/exercise, hydration, during an event/exercise and recover.

## Main Core Tie

Food And Nutrition 2

[Strand 2 Standard 2](#)

## Time Frame

2 class periods of 90 minutes each

## Group Size

Small Groups

## Life Skills

Thinking & Reasoning, Character, Employability

## Materials

Computer and projector (optional, Sports Nutrition guideline poster attachments (training, pre-event/exercise, hydration, during an event/exercise, recovery), sports nutrition crossword puzzle and key, tape or magnets. Foods 2 Addendum Standard 7 Objective 2 attachment For sports Nutrition Lab: bread, peanut butter, jelly, turkey, bananas, oranges, other fruits, vegetables, bottled water (1 per student), yogurt, small cookies or crackers, milk or chocolate milk, sliced chicken, salad mix, dressing, trail mix, napkins, small cups, spoons, forks, paper plates.

## Background for Teachers

Athletes have specific nutritional guidelines for optimal performance. Everyone should plan for an active lifestyle through out the life cycle. MyPlate and dietary guidelines.

## Student Prior Knowledge

MyPlate and the dietary guidelines. Everyone should have an active lifestyle.

## Intended Learning Outcomes

Students will identify sports nutrition guidelines needed for training, pre-event/exercise, hydration, during an event/exercise and recovery. Students will understand everyone should have a active lifestyle throughout the life span.

## Instructional Procedures

Greet students at the door and give them a sports nutrition guideline poster (there are 24 so you may have some students without one so you can pair the students or you may need to have some students do 2). When the bell rings, tell students they will be helping create a sports nutrition guideline poster. There are 5 categories and the guideline they have fits into one of those categories. The students will have to determine what category their guideline fits into. Tell the students "I will present each category and then you will determine if your guideline fits in that category. If yours fits you, can come put your guideline under that category. When we finish all the categories, you will

have a crossword puzzle to complete to test their knowledge. Present and post the Training poster. Discuss what training is and its role in athletics. If you have a computer and projector show the YouTube video " What To Eat For Exercise-Sports Diet Basics".

<http://www.youtube.com/watch?v=IGXuKCqMtMA> Have the students that think their guideline fits under training come to the training poster. Ask the students, one at time, to read their guideline to the class. Decide as a class if that guideline fits (use the addendum to check). If it fits have them post by tape or magnet. If it does not fit have the student sit back down. Repeat this for all the categories in this order using the YouTube video if you want to: Pre-event/exercise YouTube video What To Eat For Exercise-Eating Before Exercise. <http://www.youtube.com/watch?v=1nfbaGjc-yk> Hydration YouTube video Hydrate To Feel Great Performance. <http://www.youtube.com/watch?v=r6EUPc-Faa8> : YouTube video What To Eat During Exercise <http://www.youtube.com/watch?v=UnLQdb-E0JI> Recovery: YouTube video What To Eat After Exercise [http://www.youtube.com/watch?v=3\\_WAGGh8czw](http://www.youtube.com/watch?v=3_WAGGh8czw) When you have completed the poster and all the discussions, give the students the sports nutrition crossword puzzle. (20 minutes) Correct the crossword puzzle using the Sports nutrition crossword puzzle key. Have students complete the Sports Nutrition Lab (attachment) Give 1 lab per group of 4 students and have each student initial each step that they helped or did complete.

### Strategies for Diverse Learners

Gifted students can check for guidelines in the right category and can help struggling students. Gifted students can create a menu of foods to each in each category. Struggling Student: pair with a group or other student gifted or not. Help the student with the guideline and/or crossword puzzle. Special needs student needs to be paired with another student.

### Extensions

Create meal plans to meet the sports nutritional guidelines to share with school athletic teams or to put in the school newspaper.

### Assessment Plan

Assess students understanding as students place the guidelines under the correct poster during instruction/discussion, Sports Nutrition Crossword Puzzle, Sports Nutrition Lab

### Bibliography

<http://www.youtube.com/watch?v=IGXuKCqMtMA> <http://www.youtube.com/watch?v=1nfbaGjc-yk>  
[http://www.youtube.com/watch?v=3\\_WAGGh8czw](http://www.youtube.com/watch?v=3_WAGGh8czw) <http://www.youtube.com/watch?v=UnLQdb-E0JI>  
<http://www.youtube.com/watch?v=r6EUPc-Faa8>

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