

# Chapter 4

## Diet

# AQA GCSE PE Chapter 4.

## 4.1 Maintaining a balanced diet

Everyone needs food in order to survive. Food provides the body with the energy required for respiration and many other essential reactions in the body.



### Objectives:

- Be aware of what constitutes a balanced diet
- Be aware of the different food groups
- Consider what proportions of food should be consumed
- Consider the problems that could be caused by an imbalanced diet

### Activity 1- Listing

- Name all 7 parts of a healthy diet
- Next to each part, roughly what percentage of a person's diet should be made up of each part?

- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)
- \_\_\_\_\_ ( %)

### Activity 2. Match the food group with the correct examples

#### Food group

Carbohydrate

Fat

Water

Protein

Minerals

Vitamins

fibre

#### Examples:

Cereals, whole grains, oats

Cereal, pasta, potatoes, sugars, bread

Oils, butter, cheese, cream

Meat, fish, nuts, eggs, beans and lentils

A, B, C, D

Vegetables and meat

Water, fluids

### Activity 3- Exam Question

Explain what is meant by the term obesity.

.....  
.....  
.....  
.....

(2 marks)

(Feb, 2013)

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## 4.2 Specific Diets

The starting point for any diet must primarily be that it must be balanced. However there may be particular occasions when a diet may need to be adjusted or even adapted for particular performers or particular activities.



### Activity 1

What is the time period during which you should not eat both before and after exercise? (please circle the correct answer)

20 minutes

1 hour

2 hours

### Activity 2- Application

a. Explain what is meant by carbohydrate loading \_\_\_\_\_

\_\_\_\_\_

b. Which types of performers are most likely to use this? \_\_\_\_\_

c. Why? \_\_\_\_\_

\_\_\_\_\_

### Activity 3- Exam Question

**Explain** why it is important to maintain an intake of fluids (water) when taking part in sporting activity.

.....  
.....  
.....  
.....

(2 marks)

(Feb, 2013)

### Objectives:

- Consider how diet is linked to the levels of activity of individuals
- Consider the correct and appropriate times for food to be eaten
- Consider special diets that particular types of performer might require or use.

