

OCR Sport Science Year 9 Options project

Task:

You are the PE department sports nutritionist at Blacon High School. Mr Cairns has asked you to design a 2 week diet plan for a professional sports person/team of your choice so they are eating a balanced diet with sufficient energy to perform at their best. You need to research and produce an information leaflet.

Please include:

- A brief overview of the energy nutrients:
Carbohydrates, Fats and Protein
- A description of the importance of **Water, Fibre, Vitamins and Minerals**
- Research and describe what are calories? Bare in mind Generally, the recommended daily **calorie intake** is 2,000 **calories** a **day** for women and 2,500 for men
- Identify the sport person/sport you want to do the diet plan for. For example – 2 week diet plan for a footballer
- Organise Week 1 Monday – Sunday in columns. Breakfast, Lunch, Dinner and Snacks.
- Organise Week 2 Monday – Sunday in columns. Breakfast, Lunch, Dinner and Snacks.
- **Bullet point what they will eat, you can reference calories so they hit their target each day – 2,500 for men/2,000 for female.**
- **Include a variety of foods and different meals. A balanced meal plan to help the athlete exceed at their sport.**

Your leaflet needs to be no more than 4 pages long, with your name and tutor group on! Good luck, the most creative meal plan will win a PE Dept prize!