Pre-Video Quiz

Directions: When you step onto a field, court or track, or dive into a pool, you want to be in peak competitive condition. Your physical and mental preparation is key but there is another factor. As an athlete you will want to put good nutrition at the top of your training program.

What are the best foods for an athlete to eat? It seems everyone has an opinion. Before watching “Eat to Win: Nutrition for Athletes” test yourself on how much you know about sports nutrition by deciding whether the following statements are true or false.

True   False   If you’re not hungry, that means your body has what it needs.
True   False   Carbs are bad fuel. Protein is good fuel.
True   False   Carbs make you fat.
True   False   Eat or drink something with sugar or caffeine for last minute energy.
True   False   Carb loading like marathoners do is smart.
True   False   If you’re thirsty, you should drink water. If you’re not thirsty, don’t worry.
True   False   Soda and ice tea and other drinks that also have caffeine are just as good or even better than water.
True   False   Athletes need to cut down on calories. It’s part of training.
True   False   If you eat healthy food most of the time, you’ll be ready for game day.
True   False   When the game is over, we can eat whatever we want.
**Video Review**

**Eat to Win**  
**Nutrition for Athletes**

**Directions:** After watching “Eat to Win: Nutrition for Athletes” answer the following questions.

1. The three elements of athletic success are training, discipline and __________ ____________.

2. Where can you find the most up-to-date information on nutrition?

3. What are the six nutrients that should be on your sports nutrition team?

4. When should an athlete drink water?

5. Why are caffeine drinks such as soda and ice tea not good thirst quenchers for athletes?

6. If an athlete drinks fruit juice as a sports fluid replacement what should she do first?

7. How can an athlete make sure he gets enough glycogen?

8. What is one way an athlete can tell if she is eating enough food for her size and activity level?

9. Why is it important to eat healthy foods even after the competitive activity is over?
Pre-Video Quiz: All the statements are false. They are common myths about sports nutrition. This quiz will help students think about what they believe about sports nutrition and the video “Eat to Win: Nutrition for Athletes” corrects the nutrition record.

Answers to the Video Review:
1. The three elements of athletic success are training, discipline and **good nutrition**.

2. Where can you find the most up-to-date information on nutrition?
   **The USDA’s MyPyramid Food Guide available at mypyramid.gov.**

3. What are the six nutrients that should be on your sports nutrition team?
   **Proteins, carbohydrates, fats, vitamins, minerals and water.**

4. When should an athlete drink water?
   **Before, during and after practice and competition.**

5. Why are caffeine drinks such as soda and ice tea not good thirst quenchers for athletes?
   **Caffeine acts like a diuretic. Because caffeine increases urine output an athlete can become dehydrated sooner than if he drank water.**

6. If an athlete drinks fruit juice as a sports fluid replacement what should she do first?
   **Dilute the juice with an equal amount of water.**

7. How can an athlete make sure he gets enough glycogen?
   **Eat lots of high quality carbohydrates.**

8. What is one way an athlete can tell if she is eating enough food for her size and activity level?
   **When her weight is stable during weekly weigh-ins.**

9. Why is it important to eat healthy foods even after the competitive activity is over?
   **Eat high carbohydrate foods to replace depleted glycogen stores.**
Main Meal Ideas

These are some examples of high-carbohydrate meals that will help build and maintain adequate muscle glycogen. If you eat one serving of each food, the meals supply 55% to 62% of the energy as carbohydrate, 14% to 17% of the energy as protein, and 22% to 30% of the energy as fat. The milk can be 1% or skim.

<table>
<thead>
<tr>
<th>Main Meal #1</th>
<th>Main Meal #4</th>
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<tbody>
<tr>
<td>Chicken and noodles with gravy</td>
<td>Spaghetti and meatballs with Parmesan cheese</td>
</tr>
<tr>
<td>Whole-wheat bread with jelly</td>
<td>Italian bread with margarine</td>
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<tr>
<td>Candied sweet potato</td>
<td>Carrot sticks</td>
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<tr>
<td>Fresh or cooked broccoli</td>
<td>Peach halves and lettuce</td>
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<tr>
<td>Low-fat milk</td>
<td>Low-fat milk</td>
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<tr>
<td>Orange juice</td>
<td>Apple juice</td>
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<thead>
<tr>
<th>Main Meal #2</th>
<th>Main Meal #5</th>
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<tbody>
<tr>
<td>Hamburger in a bun</td>
<td>Macaroni and cheese</td>
</tr>
<tr>
<td>Boston baked beans</td>
<td>Cooked green beans</td>
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<tr>
<td>Pear halves and lettuce</td>
<td>Fruit salad</td>
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<tr>
<td>Cantaloupe</td>
<td>Whole-wheat bread with peanut butter &amp; jelly</td>
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<tr>
<td>Low-fat milk</td>
<td>Low-fat milk</td>
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<tr>
<td>Grape juice</td>
<td>Orange juice</td>
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<tr>
<th>Main Meal #3</th>
<th>Main Meal #6</th>
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<tbody>
<tr>
<td>Baked or broiled pork chop</td>
<td>Roast beef with stewed tomatoes</td>
</tr>
<tr>
<td>Baked sweet potato</td>
<td>Baked potato with margarine</td>
</tr>
<tr>
<td>Lettuce and tomato salad with dressing</td>
<td>Whole-wheat bread with jelly</td>
</tr>
<tr>
<td>Banana</td>
<td>Fresh fruit of choice</td>
</tr>
<tr>
<td>Whole-wheat bread with jelly</td>
<td>Low-fat milk</td>
</tr>
<tr>
<td>Low-fat milk</td>
<td>Cranberry juice</td>
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<tr>
<td>Pineapple juice</td>
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The following websites contain information about nutrition:

**USDA’s Dietary Guidelines for Americans**  
www.mypyramid.gov

**American Dietetic Association**  
www.eatright.org

** Teens Health - Food & Nutrition**  
www.kidshealth.org/teen/nutrition

**American College of Sports Medicine (ACSM)**  
www.acsm.org (go to Health & Fitness Information)

**Gatorade Sports Science Institute**  
www.gssiweb.com

**The Physician and Sports Medicine**  
www.physportsmed.com/personal.htm#top

*Please note that websites are constantly changing and being updated. You may need to revise this list.*