Sports Nutrition Evaluation Assignment:

1. Show the calculations of what your BMI is, and explain why it is difficult to use appropriately for young athletes especially.
2. Show the calculations for the appropriate number of calories from carbohydrates. Compare that number to your ACTUAL number you got on your food journal assignment. How would your diet need to change to get those numbers to match?
3. Show the calculations for the appropriate number of calories from proteins. Compare that number to your ACTUAL number you got on your food journal assignment. How would your diet need to change to get those numbers to match?
4. Show the calculations for the appropriate number of TOTAL calories you should be eating. Compare that number to your ACTUAL number you got on your food journal assignment. How would your diet need to change to get those numbers to match?
5. What % of your food journal was fat intake? Is that the correct %? Why/why not. List 5 foods that have a lot of the healthier fat (mono-unsaturated).
6. “Very few athletes adjust their calorie intake/dietary needs based on where they are in training”. Describe how you should be adjusting your diet throughout an entire year.
7. What are the benefits of carbohydrates to athletes?
8. List 5 examples of simple AND complex carbohydrates. Why should athletes be eating complex carbohydrates?
9. What is the guideline for nutrition 30 minutes POST workout? Provide an example of a good post-workout recovery meal.
10. Every meal should have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in it.
11. What are 6 signs of dehydration.
12. What are the 4 fluid requirements. Evaluate your fluid intake that you had in your food journal. Did you drink enough? Why/why not.
13. What should an athlete be looking for in a pre, snack, and post-workout nutrition bar. Provide one example for each type.
14. Find one GOOD age appropriate sports nutrition video, and write the link here: