

Unit 8 Sports Nutrition II

Task 1 Food pyramid

- a) Read the text about the food pyramid for endurance athletes, then summarise the differences between the standard diet and the diet of an endurance athlete. Use some of the phrases listed below.

Comparison

- Also
- Similar to
- Compared to/ with

Contrast

- In contrast to
- While/ whereas
- On the other hand

- b) Choose the best modal word for each gap.

Food pyramids are used to represent the portions of each food group you need to be healthy. Because athletes have different nutritional needs than non-athletes, food pyramid guides have been modified to show athletes what they should consume. In order to perform well, endurance athletes need to fulfil their energy, carbohydrate, protein and fat requirements.

Fruits and Vegetables

Endurance athletes *don't have to/ mustn't/ had to* eat more fruits and vegetable than non-athletes. Food guides recommend that everyone eats at least three servings of vegetables and two servings of fruit a day. According to the Swiss Society for Nutrition, it is okay to eat more than this recommended number of servings, but it *should/ has to/ may* cause some athletes to experience gastro-intestinal problems.

Grains

Grains are an important part of an athlete's diet because they are the primary source of carbohydrates used for energy. Because whole grains are more nutritious than refined grains, they *would/ should/ mustn't* be eaten more often. The recommended amount of carbohydrates for endurance athletes is about 6 to 12 g per kg of body weight. This is based on the assumption that endurance athletes exercise at an intensity that is at least 70 percent of their aerobic capacity for more than 1 hour a day. Athletes *don't have to/ can/ would* also eat refined sources of carbohydrates such as sports drinks and energy bars, to fill more immediate energy demands.

Dairy, Meat and Eggs

Dairy, meat and eggs are sources of protein, calcium and fat. Although athletes have higher protein requirements than non-athletes, they *should/ don't have to/ mustn't* increase their intake of these food groups. According to a Swiss study published in the 2008 athletes *may/ can/ shouldn't* fulfil their protein requirements by eating the recommended servings of meat,

dairy and eggs, along with grains that contain protein. Many sports drinks and bars also contain protein to fill the demand.

Oils

Oils are a liquid form of fat that comes from plants. They are important dietary sources of essential fatty acids that you need for proper cell function and health. Athletes need more healthy fats than non-athletes because they have higher energy requirements. They *shouldn't/ should/ would* eat an additional half serving of oil for each hour of exercise by adding cooking oil to their food and eating nut products.

[\(http://www.livestrong.com/article/392079-food-guide-pyramid-for-endurance-athletes/\)](http://www.livestrong.com/article/392079-food-guide-pyramid-for-endurance-athletes/)

Task 2 Modals

Study the sentences below. Do you understand the meaning of the modals used?

Which of the sentences (1-9) do we use to express:

- a) Necessity or obligation – present
 - b) Necessity or obligation – past
 - c) No necessity
 - d) Ability or permission
 - e) Prohibition
 - f) Recommendation
 - g) Certainty in past
 - h) Past regret
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1. She can drink this sports-drink.
 2. She should drink this sports-drink.
 3. She shouldn't have drunk the sports-drink.
 4. She must drink this sports-drink.
 5. She mustn't drink this sports-drink.
 6. She doesn't have to drink this sports-drink.
 7. She had to drink this sports-drink.
 8. She must have drunk this sports-drink.

Now formulate your recommendations for athletes on nutrition before, during and after performance.

Task 3 Speaking

Consider *caffeine* as a dietary supplement for athletes. What do you know about it? What would you like to learn about it? Ask questions about the issues that you are not completely familiar with.

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(<http://www.rice.edu/~jenky/sports/caffeine.html>)

Task 4 Word formation

Use the word in brackets to form a word that fits the gap.

1. There was a general that she would win. (EXPECT)
2. Athletes have higher energy (REQUIRE)
3. What is the value of milk? (NUTRITION)
4. The swimmer needs to improve her habits. (DIET)
5. I eat (HEALTH)
6. During the match Dave was knocked (CONSCIOUS)
7. Many athletes believe that they must eat extra protein to build bigger muscles. (MISTAKE)
8. Starch that you eat is broken down into simple sugars in your tract. (DIGEST)
9. Iron can occur in vegetarians. (DEFICIENT)
10. Protein-rich foods that contain all the amino acids in quantities needed by the body are called “complete” proteins. (ESSENCE)