

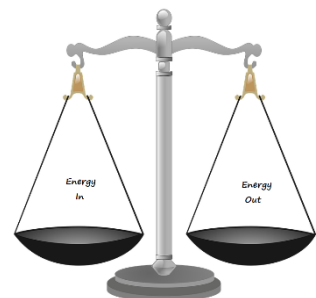


Year 8 Cycle 2 Sport and PE Knowledge Organiser

Week 1 and 2 Macro Nutrients	Week 3 and 4 Balanced Diet	Week 5 and 6 Balanced Diet	Week 7 and 8 Hydration	Week 9 and 10 Applying to sport	Week 11 & 12 Sedentary Lifestyle
<p>A balanced diet should include:</p> <ul style="list-style-type: none"> 55-60% carbohydrates 25-30% fat 15-20% protein <p>Carbohydrates Main energy source. Includes bread, pasta and potatoes.</p> <p>Fat Energy source and helps carry vitamins around the body. Avocado, nuts, butters</p> <p>Protein Used for growth and repair of body: Milk, Eggs, Fish, Meat, Nuts, Seeds</p>	<p>A balanced diet is eating the right number of calories to deal with the energy that will be needed to complete everyday tasks and exercise.</p> <p>It also means eating different food types to provide suitable nutrients, vitamins and minerals.</p> <p>A truly balanced diet contains lots of different food types and a mixture of carbohydrates, protein and fat from a variety of sources.</p> <p>You should aim to eat 5 portions of fruit and vegetables each day.</p> 	<p>The average adult male requires 2500 kcal/day and the average adult female requires 2000 kcal/day. The figures are dependent on; age, gender, height, energy expenditure and basal metabolic rate (BMR).</p> <p>Foods that benefit the body</p> <p>High fibre cereals and whole grains provide fibre – prevents constipation and reduces cholesterol.</p> <p>Milk, cheese and dairy products provide calcium – good for nerve and muscle function, teeth and bone growth.</p> <p>Iron rich foods such as spinach and liver – help the immune system and production of red blood cells.</p> <p>Oily fish, eggs and butter – provide vitamin D to help bones.</p> <p>Citrus fruits and broccoli – provide vitamin C and aid the immune system, skin elasticity and blood vessel function.</p>	<p>Water makes up more than half of the human body. We must maintain hydration levels to assist bodily functions. How much you drink depends on:</p> <ul style="list-style-type: none"> The environment The temperature Exercise levels  <p>Dehydration has some harmful effects:</p> <ul style="list-style-type: none"> Blood thickens Heart rate increases Reaction time gets slower 	<p>Our Diet and Hydration levels will vary depending on how active we are.</p> <p>This can be referred to as Energy balance. The aim for most people to maintain a healthy body is to consume the same number of calories as you use.</p>  <p>How would you vary your intake of Carbohydrates, Fats, Protein and Water in you did the following activities?</p> <ul style="list-style-type: none"> A rugby match A netball match A marathon Horse riding 	<p>A sedentary lifestyle is when there is very limited or no physical activity in a person's lifestyle.</p> <p>More people are leading sedentary lifestyles due to advances in technology.</p> <p>Instead of walking or cycling to places people are driven or take public transport. Individuals spend more time sitting & using computers.</p> <p>It is reports in the UK people spend 9hours a day sat down. Standing instead of sitting is a way to combat this.</p> <p>What could the impact of a sedentary lifestyle be?</p>

