

HIGHLANDS INTERMEDIATE SPORTS BADGE - BODY AND NUTRITION

Your challenge is to complete 15  'Healthy Living Apples 'stars'.

Once completed hand in to be marked and earn 2 points for your "Sports Badge"

| 'Stars': | Learning Activity |
|--|--|
|  | Write a letter to a sports committee. The letter to be based on 'Why a balanced diet is so critical during training and competing'. Ensure it is set out correctly as a business letter |
|  | Select a nutritional food and create a page (A4) promoting your food. Think how you can be creative in this promotion |
|    | Create an original 3-D sports food pyramid including essential components required to assist performance when competing. Include explanations about your categories and why they are beneficial to your sporting needs. |
|   | Draw a body showing 20 muscles using their scientific names and 20 bones on separate pieces of A4 paper. These must be labelled correctly. Select 5 muscles and 5 bones and explain how they are used. |
|  | List and explain a variety (Minimum of 5) of medicines/herbs/remedies used in the early sporting days. |
|   | Select a joint movement within the body (for example the hinge joint) and re-create this in a moving 3-D model. |
|  | Design a sports specific 3 day menu for a person of your choice. Prepare foods as though they are leading up to a major event. |
|   | Visit a local sports shop and interview a worker about the uses of different shoes used in sports. Draw an observational drawing of a sport shoe |

| | |
|---|---|
|  | Create a visual page of any necessary protective gear used in sports. |
|  | Research a medical sports cream and list positive and negatives for using that product. |
|  | Investigate the different food groups and list 10 foods in each group. |
|  | Write a poem promoting healthy eating for athletes. |
|   | Prepare and present a 2-3 minute speech on either the body or nutrition in sports today. |
|   | Design a magazine front cover for a 'new' sports magazine that promotes nutrition for athletes. |