

K.5.S2.C.2



## Fuel for Performance: Questions



Name \_\_\_\_\_

Answer the following questions.

1. What is the most important role of fluids during activity?

---

---

2. What is a major cause of fatigue and poor performance?

---

---

3. List the four food groups.

---

---

4. a. What is referred to as the "Fuel of Champions"? Explain why.

---

---

---

b. In what form is the fuel used during exercise?

---

5. During the week before an athletic competition, what would an individual's diet look like?

---

---

6. What should an individual do to maximize the glycogen that muscle stores? Explain.

---

---

7. What pre-event meal should an individual eat or consume two to three hours before competition?

---

---

---

*(continued)*

K.5.S2.C.2



## Fuel for Performance: Questions *(continued)*



Name \_\_\_\_\_

8. List what an individual should eat after an intense workout/exercise. Explain why.

---

---

---

9. What is the role of protein during exercise?

---

---

10. a. Individuals should eat food that contains iron. Explain why.

---

---

b. List foods that contain iron and help performance.

---

---

c. Describe factors that help or hinder iron absorption.

---

---

---

11. Taking iron supplements is not recommended without a physician's advice. Explain why.

---

---

12. Why is it so important to have rest days built into your exercise program?

---

---

13. How does an individual prepare for "optimal performance"? Explain.

---

---