

Nutrition Brain Teaser

1. What is the recommended level of exercise for teenagers?
 - a. 30 min of moderate intensity activity 3 times weekly.
 - b. 1 hr of moderate intensity most days of the week.
 - c. 1 hr of endurance exercise twice weekly.
2. Which nutrient is the most important for providing energy?
 - a. Fat
 - b. Carbohydrate
 - c. Protein
 - d. Fibre
 - e. Vitamins
 - f. Water

List any 4 foods that are rich in Carbohydrate

- 1.
 - 2.
 - 3.
 - 4.
3. The Carbohydrate supply, stored in muscles and the liver, that provides energy during exercise is called _____
 4. Athletes need extra vitamins to "supercharge" their bodies to keep them healthy.
 - a. True
 - b. False
 5. To increase muscle a player needs:
 - a. To have a high energy diet and train regularly
 - b. A protein supplement
 - c. To eat a large serving of protein food at every meal.
 6. How many serving from each of the following food groups do teenagers need every day?

	(A)	(B)	(C)	(D)
Cereal Group	3-7	1-4	2-5	6-12
Fruits & Veg	5	6	2	3
Milk Group	3	5	2	7
Protein Group	1	3	2	4

7. 75% of Irish teenagers do not meet their calcium needs.
 - a. True
 - b. False

8. A can of fizzy drinks contains how many cubes of sugar?
- 6
 - 8
 - 11
9. Fizzy drinks are a good choice for energy and hydration during sport.
- True
 - False
10. What is an appropriate Carbohydrate concentration for a sports drink to provide re-hydration and refuelling during a match?
- 1 – 2g carbohydrate/100mls
 - 4 – 8g carbohydrate/100mls
 - 12 – 18g carbohydrate/100mls
11. After a match or training session, when should a player start to refuel to refill energy stores?
- As soon as possible, ideally within 30 minutes, certainly within 2hrs.
 - The next day.
 - 6 hrs after the event