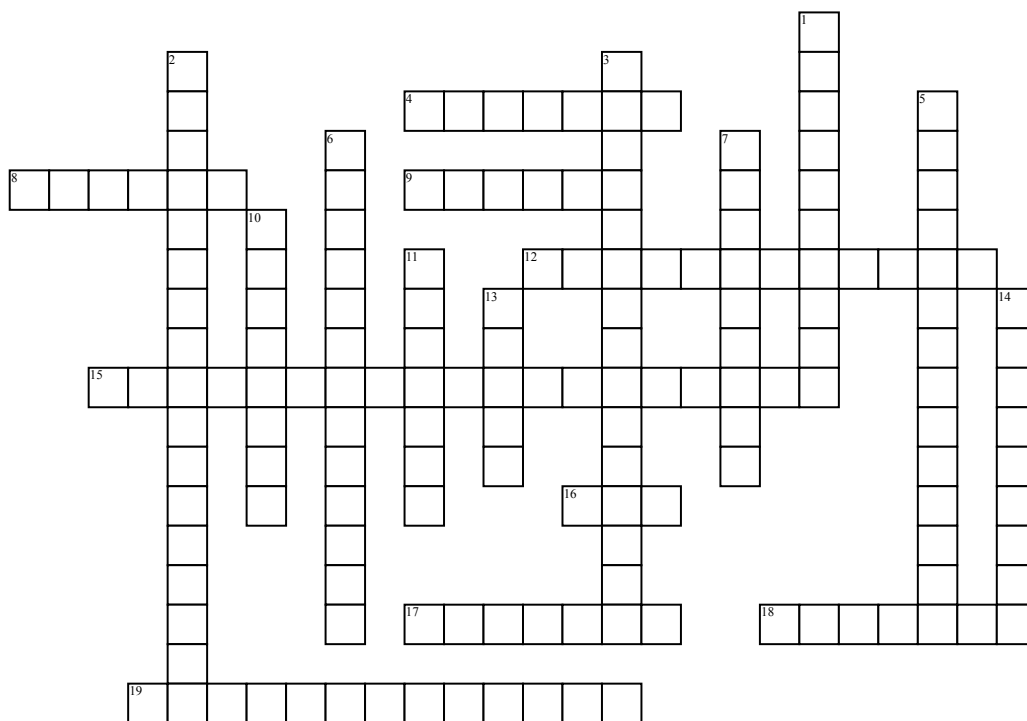


Nutritional Considerations



Across

4. What should you avoid as it contributes to dehydration?

8. What kind of meals are drinks with a high carbohydrate content

9. What is not a good indication of fluid loss?

12. What is also added in sports drinks that can assist endurance athletes

15. What is a special strategy used to "superload" muscle glycogen stores before events?

16. What is the main source of fuel for long duration sports?

17. 70% of what type of carbohydrate should and athlete be consuming?

18. What helps repair and build muscles after exercise?

19. high glycaemic foods will assist with what?

Down

1. If the exercise was strenuous and lasted a long time, glycogen stores may need (What?) and resynthesis

2. Which of the three performance areas involves fluid being the most important nutritional factor

3. Which of the three areas of performance involves replacing glycogen stores by eating foods with a high carbohydrate content

5. What meal provides a final opportunity to top up the muscle and liver fuel stores?

6. What is the major source of energy?

7. What plays a critical role in athletic performance?

10. What is maximised by tapering the training volume?

11. Fats can also be used before stored glycogen; this is called glycogen.....?

13. What maintains body temperature?

14. What is one of the most important nutrition priorities for athletes?

Word Bank

During Performance

Protein

Liquid

complex

refuelling

Fat

Carbohydrate loading

Thirst

SPARING

Carbohydrates

Post Performance

electrolytes

Pre performance

Glycogen

alcohol

Nutrition

Hydration

Water

Replenishment