

# SPORTS NUTRITION

## Skills section



### Research the different kinds of nutrition and specific diets needed for different sports.

Nutrition is a key part of athlete training for any competition, particularly a competition as significant as the Commonwealth Games. For your Skills activity, you can research the different kinds of nutrition needed for different sports and test out recipes.

### Suggestions for evidence

- Notes from your research.
- Recipes and meal plans you have tried out.
- Photographs of recipes you have tried.
- Feedback from people who tested your recipes.



**YOUTH  
WITHOUT  
LIMITS**



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## Programme plan

This plan is for a 13 week programme. If you want to use this for a 6 or 12 month section, speak to your DofE Leader or Assessor about ideas to extend the plan.

Category	Week number
Identify and research energy requirements / macronutrient breakdown for different Commonwealth sports.	<b>Week 1</b> Endurance events <b>Week 2</b> Power events <b>Week 3</b> Strength events
Energy drinks	<b>Week 4</b> Research and create recipe for energy drinks. <b>Week 5</b> Make and test energy drinks with people involved with a relevant sport – maybe a local team, or friends in your DofE group.
Recovery drinks	<b>Week 6</b> Research and create recipe for recovery drinks. <b>Week 7</b> Make and test recovery drinks with people involved with a relevant sport.
Energy bars / bars	<b>Week 8</b> Research and create recipe for energy bars / balls. <b>Week 9</b> Make and test energy bars / balls with people involved with a relevant sport.
Research and create meal plans for three different Commonwealth sports – one endurance, one power, and one strength.	<b>Week 10</b> Create and photograph endurance meal plan with recipes and instructions. <b>Week 11</b> Create and photograph power meal plan with recipes and instructions. <b>Week 12</b> Create and photograph strength meal plan with recipes and instructions. <b>Week 13</b> Research and write about considerations and substitutions for special diets, e.g. vegetarian, vegan, halal, coeliac etc.