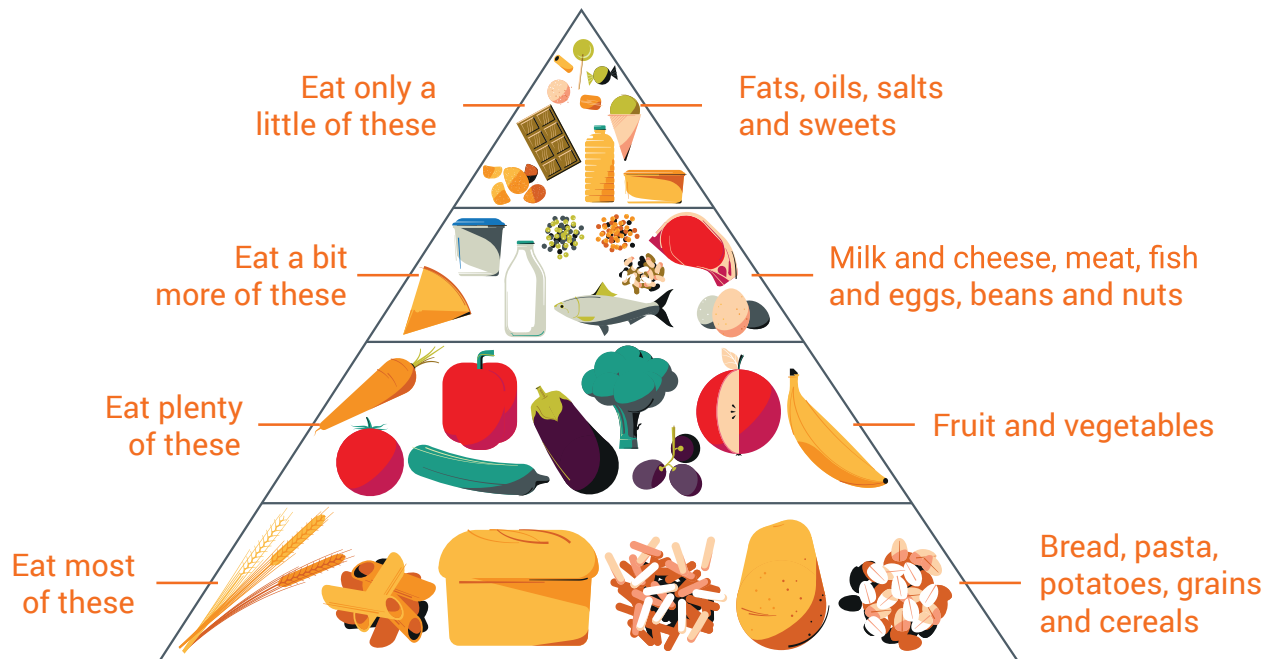




Name ..... Class ..... Date .....

INEOS TEAM UK is the British Challenger for the 36th America’s Cup – the oldest international sporting competition in the world. There are only eleven crew on the boat, but a hundred experts back at the team’s base working hard to help INEOS TEAM UK design the most technically advanced and innovative foiling boat to win the America’s Cup. You need a healthy, strong crew to lead the way to victory. Have a go at the questions below on nutrition.

The food triangle below reminds INEOS TEAM UK’s strength and conditioning coach about the types of nutrients needed for the team to have a healthy diet. The food we eat contains different nutrients, which our bodies need for different purposes.



Carbohydrates	Fats	Fibre	Minerals	Protein	Vitamins
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**1** Complete the sentences below, using words from the word bank and the food triangle to help you.

**a** Our bodies need ..... for growth and repair. This nutrient is mainly found in .....

**b** ..... form the main source of energy for our bodies. These are mostly found in .....



- c** We use ..... as a source of energy as well, but too much fat can be unhealthy. These are mainly found in .....
- d** Fruit and vegetables provide ..... and ..... which our bodies need to stay healthy.
- e** Our bodies need ..... to keep our digestive systems working properly. This is found in .....

## 2

- a** Write down four or five foods in the boxes below, to create two meals. One of your meals should be a healthy meal, and one an unhealthy meal.

Healthy meal	Unhealthy meal

- b** Explain why your unhealthy meal is unhealthy.

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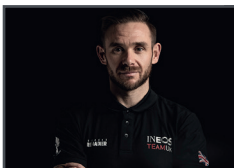
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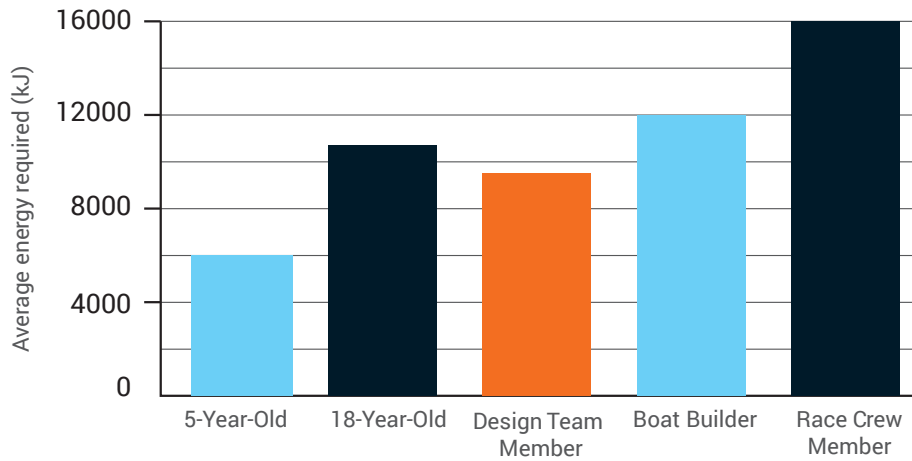


**Ben Williams – Head of Human Performance**

Ben previously had a career in the army, where he developed his passion for fitness and conditioning.



**3** The amount of energy our bodies need depends on how active we are, and whether or not we are still growing. The bar chart below shows how much energy different people need from their food at the INEOS TEAM UK base.



**a** How much energy do you think an 11-year-old child would need based on the other people's requirements? Explain your answer.

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**b** Why does the design team adult need less energy than an 18-year-old? Explain your answer.

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**4** Answer the questions below.

**a** Write down a list of the food you ate yesterday

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**b** Do you think your diet yesterday was healthy? Explain your answer.

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**c** What changes could you make to your diet to make it healthier?

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**d** Explain how your healthy diet would be different if you wanted to train to be a member of the INEOS TEAM UK racing crew.

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