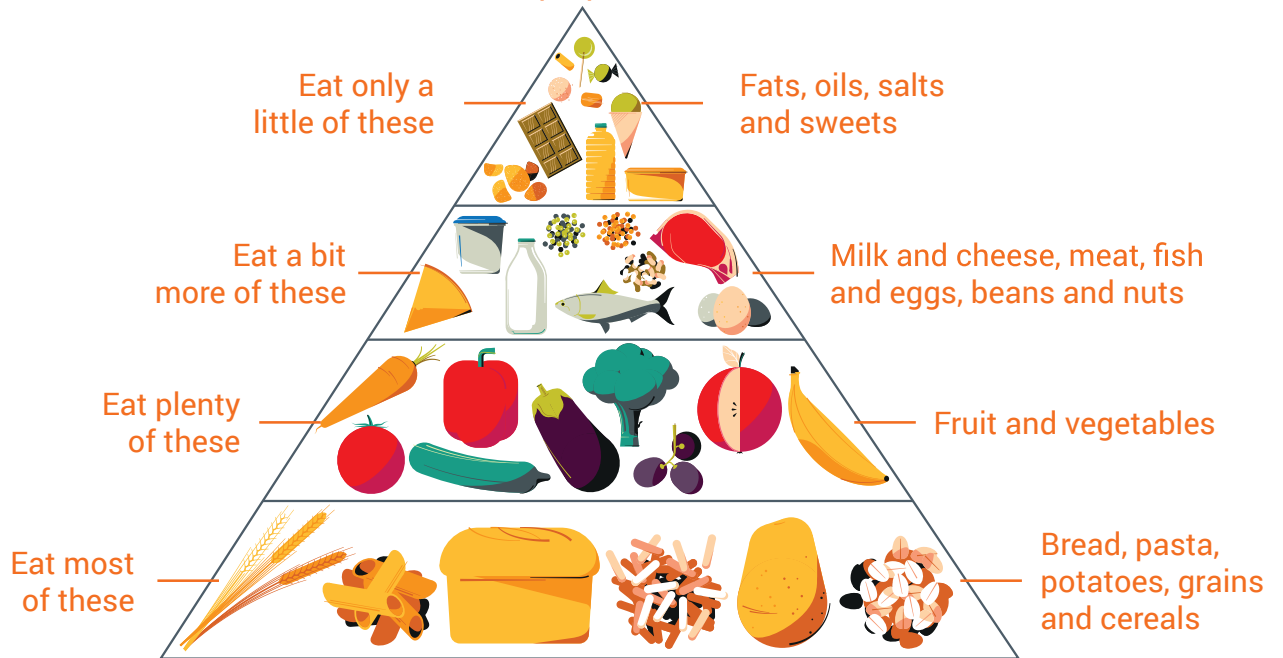




Name Class Date

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.



The food we eat contains different nutrients. These are carbohydrates, fats, fibre, protein, vitamins and minerals.

1 Describe the types of food that are the main sources of each of the nutrients named below.

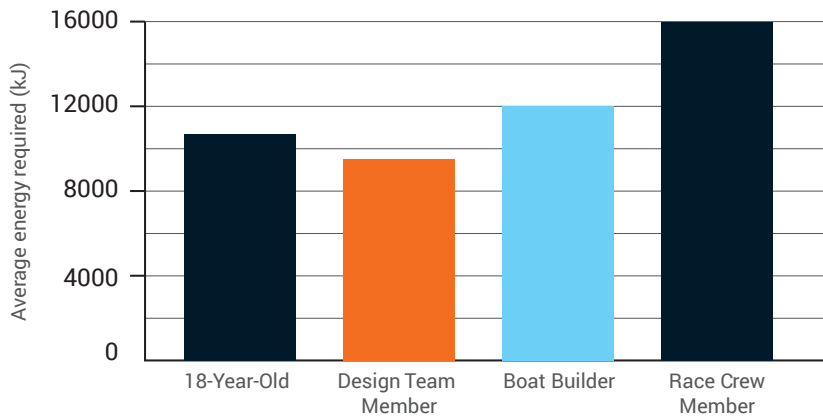
Nutrient	Types of food
Carbohydrates	
Fats	
Fibre	
Protein	
Vitamins and minerals	



Explain what our bodies need each of the nutrients for.

Nutrient	Why do our bodies need this?
Carbohydrates	
Fats	
Fibre	
Protein	
Vitamins and minerals	

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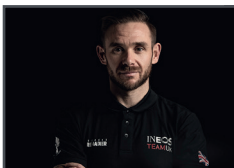
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b Why does the design team adult need less energy than an 18-year-old? Explain your answer.

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Ben Williams – Head of Human Performance

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



4 What happens if your diet provides you with:

a Too much energy?

b Not enough energy?

5 If a man and a woman have the same activity levels, the man usually needs to take in more energy in his food than the woman. Suggest why this is the case.

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6 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 sailing crew.

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