

**Health and Nutrition**

16. (a) A balanced diet plays an important role in enhancing fitness and health. Using THREE factors, explain how a balanced diet enhances fitness and health.

**( 6 marks)**

(b) David, a footballer, is a strict vegetarian.  
Suggest TWO different foods he can have for EACH of his meals for breakfast, lunch and dinner.

**( 6 marks)**

**Total 12 marks**

or fatigued while carrying out everyday routine and  
(14) trained individuals have a faster reaction time.

(15) (a) A balanced diet plays an important role in enhancing fitness and health. Having a balanced diet ensures that the amount of nutrients required are in the correct amounts. In sports large amounts of energy are used throughout play, the main sources of this energy comes from carbohydrates and fats (primarily unsaturated). These are two nutrients that most people wish to remove from their diet but are necessary for the proper functioning of the body in sport.

In sport, many injuries are going to occur, to accommodate this an athlete should have a high protein diet to promote the growth and repair of cells. Having a high protein diet working in concert with other nutrients makes this process more efficient.

A balanced diet varies from person to person based on their body type and level of fitness, however one factor of balanced diet that stays constant is fibre. Fibre promotes healthy bowel movements as well as helps to regulate the amount of water in the body to some extent. Fibre absorbs water giving the faeces its bulk and making the process of defecation easier, it also prevents constipation. To accommodate for the fibres uptake of water the person must now consume more, thus keeping the

body hydrated.

16)

David can have <sup>some</sup> either a ~~potato pancake~~ a fruit salad with ~~walnut~~ <sup>soy</sup> germ and orange juice for breakfast or toasted whole wheat bread with jam served with oven roasted asparagus, potatoes and pumpkin and orange juice.

For lunch he can have either pasta with sautéed vegetables and bread sticks or a potato pie with stewed beans and a <sup>fresh</sup> salad.

For dinner David can have toasted bread with a vegetable soup that includes beans, potatoes, carrots and mushrooms or vegetable ~~base~~ lasagna with a fresh salad.

## **Physical Education and Sport**

### **Paper 01 – May 2011**

#### Comments

##### Question 16 (a):

This explanation of the importance of a balanced diet, while not mentioning vitamins, minerals and food groups directly, is a good one and full marks were given.

##### Question 16 (b):

The candidate provided an excellent vegetarian menu and included options for variety. The response received full marks.