

Catering for the Athletes

Grade Level(s)

4-7, 8-10

Subject Area(s)

Science, Physical Education, Health Education

Links to Vancouver 2010 Education Program Component(s)

Sports and Healthy Living

Activity Description

Students will brainstorm and research the winter Olympic events and discuss/analyze what physical attributes are needed for each, such as strength, endurance, speed, explosive strength.

Students will brainstorm and research the features of good nutrition, how diets have to be adjusted for sports and then analyze how specific foods support the needs of individual sports, such as carbohydrate needs for a short track speed skater versus a cross-country skier.

Students will select a sport and design meals for one day for athletes participating in that sport; these could be either shared orally or a written copy submitted

Based on their research and discussions, students will take on the role of the caterer at the Games and design one day's meals to accommodate and satisfy the specific dietary needs of athletes taking part in one specified sport.

Learning Outcomes

The project aligns with the theme of sports and healthy living. The students will understand that athletes have to design and adhere to strict dietary guidelines in order to keep their bodies healthy and able to perform at a peak level. It will also help students to understand the temptations of dietary supplements and how this contravenes the Olympic values statements.

Students will gain a better understanding of nutrition in general. Students will gain a better understanding of their own body's needs when they are changing their exercise routines. Students will gain a better understanding of the dietary needs of elite athletes in a specific sport and begin to see why some athletes are tempted to "cheat" by using supplements. Students will also gain insight into the complexities of catering for athletes.

Resources Needed

Internet access for research, brainstorming sheets, writing materials



Resources on nutrition are found in many school texts and can be accessed through a number of sources such as the Canada Food Guide.

The needs of individual sports can be found on the internet by searching for the sport and nutrition.

A great site for explaining sport specific nutritional needs is at:

www.btc.montana.edu/olympics/

Duration of Activity

5 - 30 minute lessons

Cognitive and Affective Domains

Cognitive –Analysis

Affective - Responding

Assessment Strategy

A class generated rubric would be ideal and simple to create. Assessments could also be made based on the clear matching of the meals suggested with the needs of the sport; have the types of energy required been accurately assessed? Have the food groups accurately matched the athletes' needs? Are the meals somewhat balanced? Has any food group been omitted? Why?

