**Fueling for energy: How to Fuel your body for exercise**

**Part One: Fuels**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Fats** | **Proteins** | **Sugars** | **Carbohydrates** |
| **What are they** |  |  |  |  |
| **What type of energy do they give us?**  **Quick or lasting** |  |  |  |  |
| **How easy are they to digest? How long does it take?** |  |  |  |  |
| **Examples** |  |  |  |  |

What fuels/sources does our body deplete while exercising and exerting energy? Short term , long term?

|  |
| --- |
|  |

**Part Two: Pre- Activity Fueling**

What types of foods give us lasting energy? Why? List examples

|  |
| --- |
|  |

What type of food should we eat prior to a strenuous activity? Why?

Night before:

|  |
| --- |
|  |

Couple of hours before:

|  |
| --- |
|  |

**Part Three: During**

What types of food give us quick energy? To help Maintain energy and maximize  performance? Why? List examples

|  |
| --- |
|  |

What is the glycemic index (GI) and what does it mean?

|  |
| --- |
|  |

What foods should we **avoid** during activity and why?

|  |
| --- |
|  |

What types of foods hydrate us?

|  |
| --- |
| water, |

**Part Four: Post Activity**

What types of food replenish sources after an activity and help us recover?

|  |
| --- |
|  |

**Part Five - Plan for your performance:**

Putting all this information together. Choose a recipe for a post activity snack.

Why did you choose this?How does it replenish our energy sources after strenuous activity?

Include brief description and link

|  |
| --- |
|  |